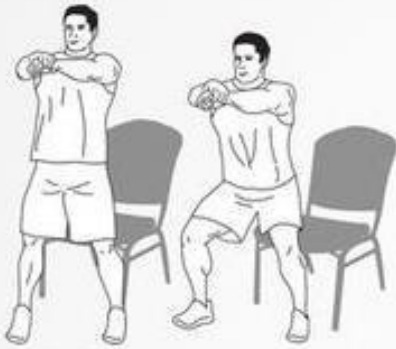


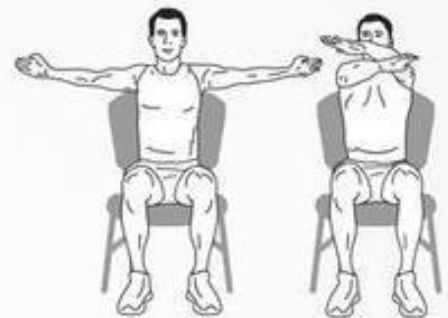
## Office Exercises



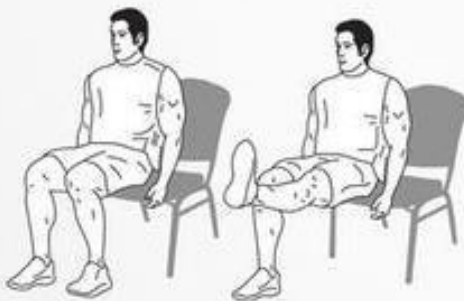
**20** chair squats



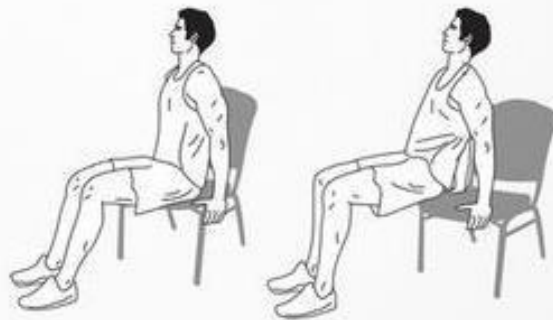
**20** chest squeezes



**40** criss-cross arms



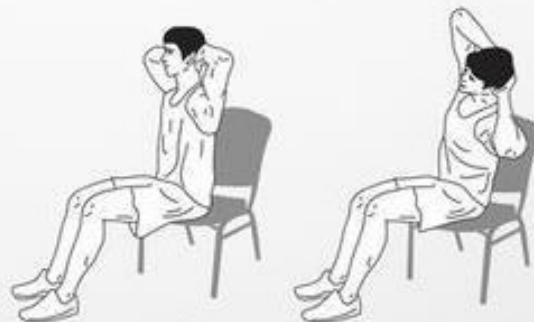
**40** leg extensions



**10** chair body lifts



**10** knee pull-ins



**20** oblique bends