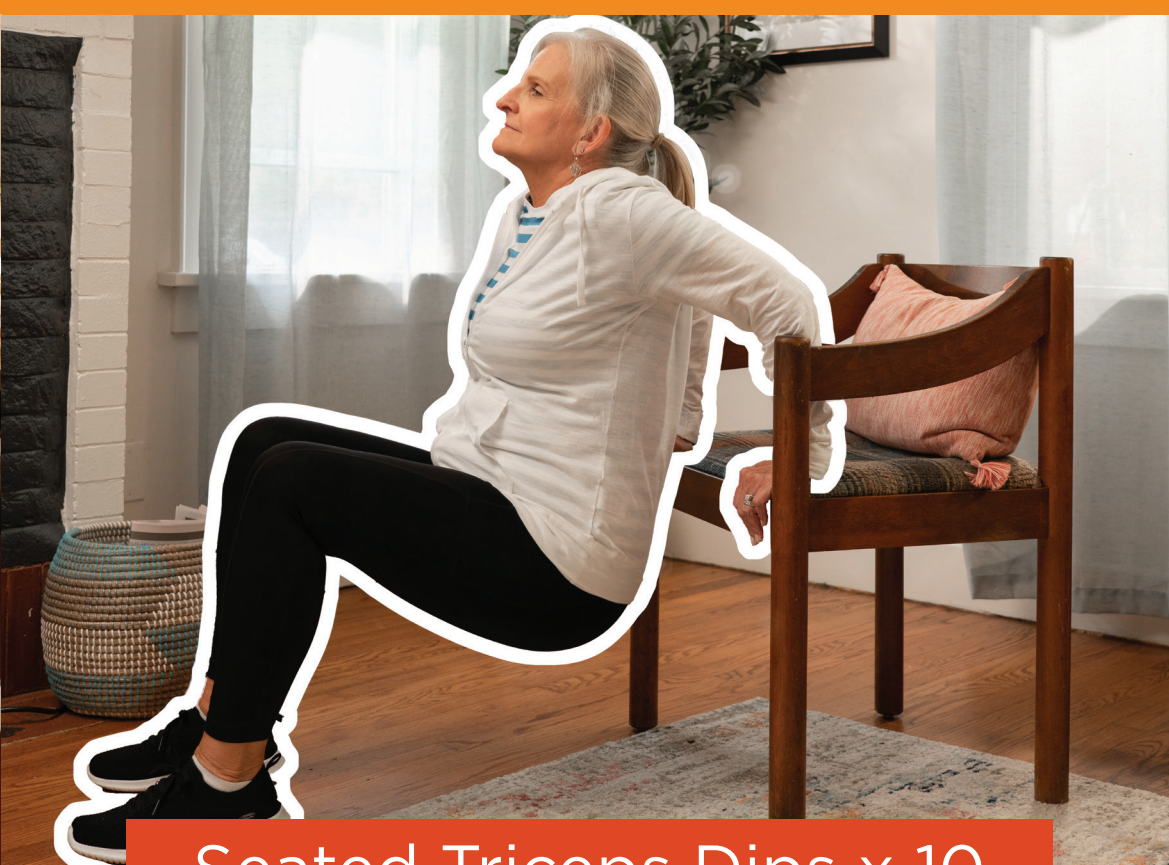




Living Room Workout for Older Adults



Stand To Sit x 10



Seated Triceps Dips x 10



Tandem Stance (30 seconds)



Farmer's Walk (30 seconds)

*use bottles or books for added weight!



Single-Leg Hold (30 seconds)



Walk (10 minutes)