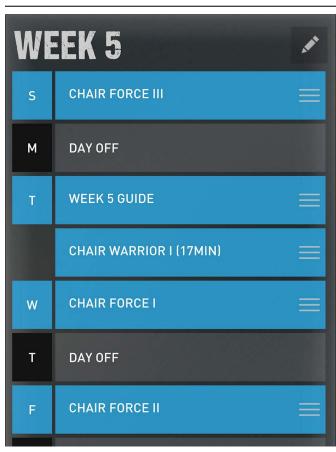
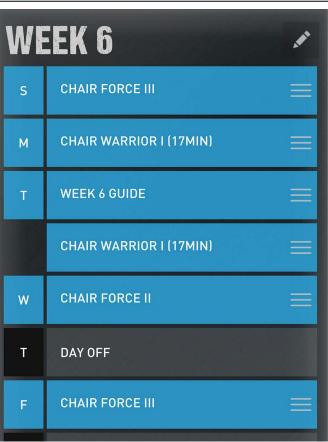
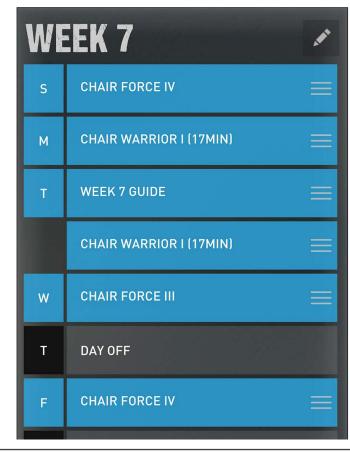


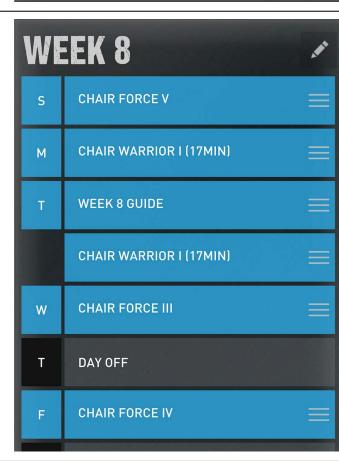
WEEK 3	
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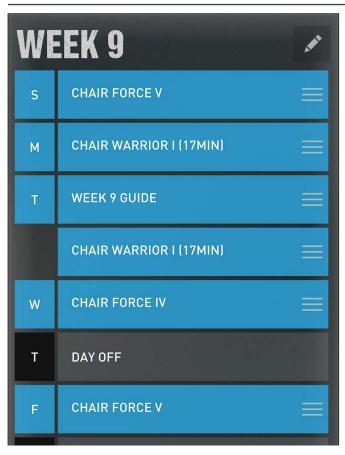
WE	WEEK 4	
S	CHAIR FORCE II	
М	DAY OFF	
Т	WEEK 4 GUIDE	
w	CHAIR FORCE III	
т	DAY OFF	
F	CHAIR FORCE II	
S	DAY OFF	

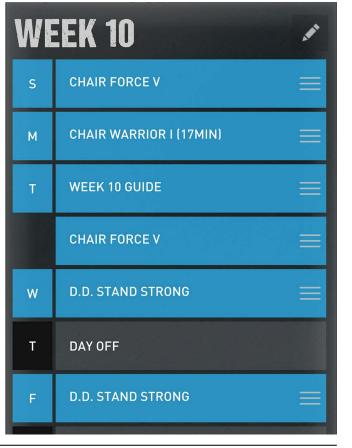


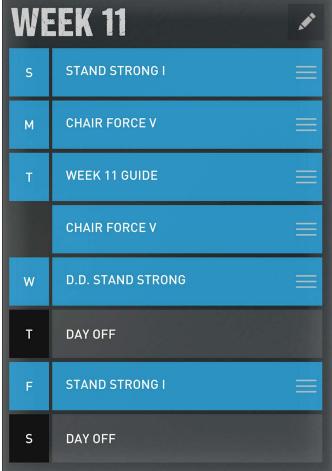


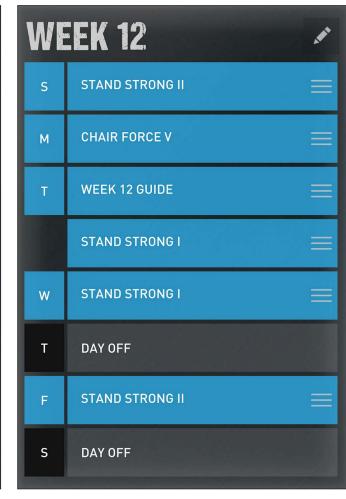


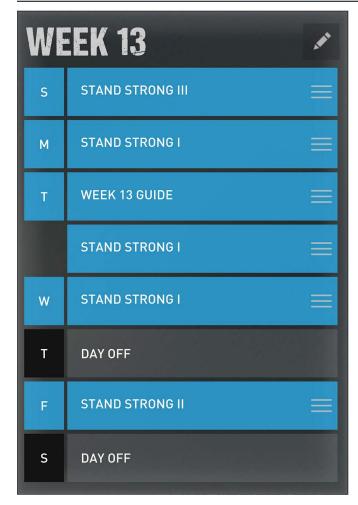


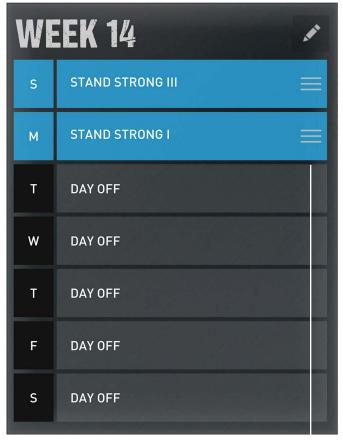












CHAIR FORCE

If you struggle with balance or have trouble standing for long periods, start with Chair Force. While seated in a chair, you'll get your legs and upper body moving with stretches and Dynamic Resistance.



