

Whole Fitness YouTube Chair Calendar

	Chair Strength and Drumsticks	15 minute walk Enjoy this Whole Fitness Podcast	Chair Yoga “Abide”	15 minute walk Enjoy this Whole Fitness Podcast	Chair Strength Workout
	S.E.A.T. (Supported Exercise for Ageless Trainers)	20 minute walk Enjoy this Whole Fitness Podcast	Gentle Chair Stretch “God With Us”	20 minute walk Enjoy this Whole Fitness Podcast	S.E.A.T. Full Body “Perfectly Loved”
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