



TRUNK LEANS

Sit at the edge of your chair with feet on floor. Cross arms at chest. Keep back straight. Tilt body back and forward 10 times. Breathe regularly.



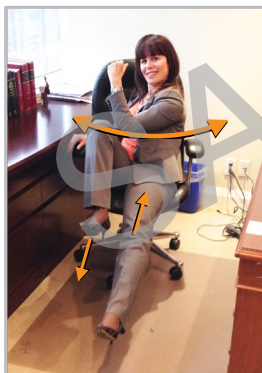
SIDE BENDS

Sit tall at the edge of your chair. Lean slowly as far as you can to the right side and then lean slowly as far as you can to the left side 10 times. Repeat 10 times.



CRUNCHES

Hold chair for support. Keep back straight. Lift both legs up and down 10 times. Try not to let your legs touch the floor. Keep breathing.



BICYCLE

Keep back straight. Reach elbow to opposite knee while bicycling legs 10 times. Remember to breathe!



CHAIR MARCHING

Sit tall at the edge of your chair. Lift your knees as high as you can while swinging your arms 10 times. Contract or pull in your abdominal muscles while marching.



OBLIQUE CRUNCHES

Sit tall at the edge of your chair with feet on floor. Reach the elbow to opposite knee and alternate legs 10 times. Keep the movement slow and controlled.

All exercises are done at your own risk

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