



Chair BINGO



Print off 2 Chair Bingo cards. Cut each exercise out of one card, place exercises in a hat or cup. Draw an exercise, perform exercise, and try and get a BINGO!



20 sec
Chair Bridge



20 sec (each)
Head Stretch



20 sec
Hamstring Stretch



10
Sit-to-Stand



10
Chair Tucks



10 (each)
Side Bends



20 sec
Seated March



10 (each)
Arm Circles



10 each
Arm Raises



20 sec
Plank



10 (each)
Alt. Punches



20 sec (each)
Hip Stretch



10 (each)
Leg Raises



10
Bicep Curls



10
Chair Dips



20 sec (each)
Single Leg Balance

DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.