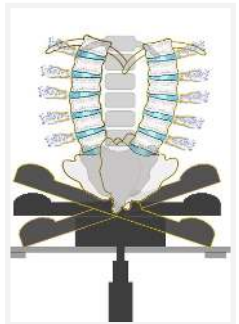
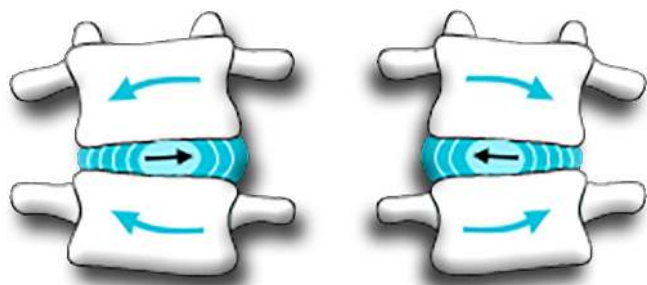


Wobble Chair Warm Up Exercises

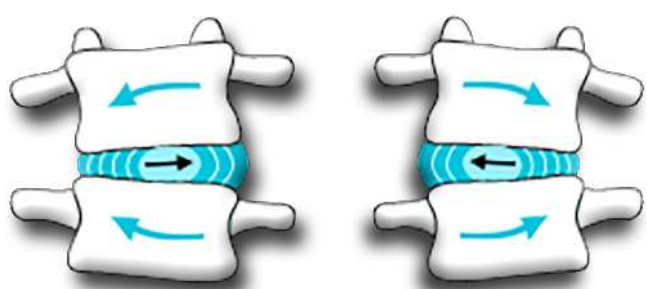


Warm-Up #3



1. Sit on chair, posture erect, stomach out, chin up with both arms dangling to side.
2. Bend from waist, as far LEFT as possible.
3. Without stopping, bend from waist, as far RIGHT as possible.
4. As you become more mobile add some speed.
5. 10 Repetitions. Start with five, work up to 10 within 3 days.

Warm-Up #4



1. Sit on chair, posture erect, stomach out, chin up with both elbows raised level with shoulders, finger tips touching.
2. Bend from waist, as far LEFT as possible.
3. Without stopping, bend from waist, as far RIGHT as possible.
4. As you become more mobile add some speed.
5. 10 Repetitions. Start with five, work up to 10 within 3 days.