

## Chair Exercises

### Progress Tracker:

Week 1:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Toe Taps	Set:							
	Rep:							
Knee Extensions	Set:							
	Rep:							
Marching in Sitting	Set:							
	Rep:							
Heel Slides	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
Arms above Head	Set:							
	Rep:							
Punching in front	Set:							
	Rep:							
Rowing	Set:							
	Rep:							

## Chair Exercises

### Progress Tracker:

Week 2:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Toe Taps	Set:							
	Rep:							
Knee Extensions	Set:							
	Rep:							
Marching in Sitting	Set:							
	Rep:							
Heel Slides	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
Arms above Head	Set:							
	Rep:							
Punching in front	Set:							
	Rep:							
Rowing	Set:							
	Rep:							

## Chair Exercises

### Progress Tracker:

Week 3:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Toe Taps	Set:							
	Rep:							
Knee Extensions	Set:							
	Rep:							
Marching in Sitting	Set:							
	Rep:							
Heel Slides	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
Arms above Head	Set:							
	Rep:							
Punching in front	Set:							
	Rep:							
Rowing								

# Chair Exercises

## Progress Tracker:

Week 4:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Toe Taps	Set:							
	Rep:							
Knee Extensions	Set:							
	Rep:							
Marching in Sitting	Set:							
	Rep:							
Heel Slides	Set:							
	Rep:							
Frontal Raise	Set:							
	Rep:							
Lateral Raise	Set:							
	Rep:							
Arms above Head	Set:							
	Rep:							
Punching in front	Set:							
	Rep:							
Rowing	Set:							
	Rep:							

