













Work Out 1			
Exercise	Green	Amber	Red
Squat	Sit to stand Taking your time COMMUNIT	Squat with chair support COMINITY OF SE INSERTIONAL OF SE INSERTION OUR LE	Image + Description Squat
Bicep Curl	Seated No weights COUNTY OUR PORT OF THE	Seated Light Weights	Standing Light Weights UTILIS OF SP INSPIROUR L CCUNITY UTILIS OF SP INSPIROUR L CCUNITY THE COMMUNITY TH
Balance	Two feet close stand	Tandem stand UTILIS OF SPC INSPIR OUR LC	Single leg standing
		Standing low arms	Standing high arms

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