

TOP 23 FREE SEATED EXERCISE VIDEOS

Created by SeekFreaks

...For Home
and School

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to the YouTube
videos

Cardio

Beginner's Workout
Intermediate Workout

Basic Cardio

Resistance Band Workout

Glucosezone's Chair Exercise

Wheelchair Workout

HIIT Routine

Full Body Workout

14-Minute Workout

23-Minute Workout

Video 1
Video 2

Video 3

Desk Stretches
Chair Yoga

Inclusive Yoga

Upper Body Toning

"Dance on the Floor"

"Waka-Waka"

"Glad You Came"

"Rain Over Me"

Chair Zumba

Chair Dancing

Flexibility Routine

Arm Workout

Core Abs/
Core

Core Workout