



GET
FIT WHILE
YOU SIT

SELF

The text is arranged in a large, stylized font. "GET" and "FIT" are stacked vertically on the left. "WHILE YOU SIT" is written in a smaller font to the right of "FIT". Below "FIT" is a teal circle containing the word "SELF". To the right of the teal circle is a blue circle. At the bottom right, there are icons of a green dumbbell and an orange yoga mat.

Chair Gym Exercise Guide

RM Cervero



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