



# LOWER BODY EXERCISES FOR SENIORS

**Step By Step Guide To The Best Lower Body Workouts For  
Seniors To Strengthen Your Back, Relieve Pain, Prevent Loss Of  
Bone Density, And Improve Coordination**

**GLADYS JONES**

# First Session With Seniors A Step By Step Guide

**TD Snyder**



## **First Session With Seniors A Step By Step Guide:**

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