



**Seated Bicep Curls**



**Shoulder Press**



**Wall Push-Ups**



**Chair Squat**



**Seated Leg Raises**



**Breathing (Pranayama)**

Beginner-Friendly Home Workout (Kidney & BP Safe)

1. Seated Bicep Curls

2. Shoulder Press

3. Wall Push-Ups
4. Chair Squat
5. Seated Leg Raises
6. Breathing (Pranayama)

Do each exercise 2 sets, 10-15 reps. Repeat 4-5 times/week. Always hydrate and stop if you feel pain.