

# 21-DAY CHAIR YOGA

## FOR BEGINNERS



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
<p>REVERSE DWP BENT OVER ROW 2 10 CALF PRESS 10</p>	<p>- STRAIGHT BAR PUSHDOWN 2 10 - ARMOLO PRESS 2 10</p>	<p><b>REST</b></p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p>FLANK 10 10 WEIGHT 10 CRUSH 10 10</p>	<p>- REVERSE DWP BENT OVER ROW 10 10 - CALF PRESS 10 10</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p><b>REST</b></p>
<p>SHOULDT 2 10 DUMBBELL ROW 10 10</p>	<p><b>REST</b></p>	<p>REVERSE DWP BENT OVER ROW 10 10 - CALF PRESS 10 10</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p>- FLANK 10 10 - INCLINED OLKCH 10 10</p>	<p><b>REST</b></p>	<p>- STRAIGHT BAR PUSHDOWN 2 10 - ARMOLO PRESS 2 10</p>	<p>REVERSE DWP BENT OVER ROW 10 10 - CALF PRESS 10 10</p>
<p>REVERSE DWP BENT OVER ROW 2 10 - CALF PRESS 10 10</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p>- SHOULDT 10 10 - DUMBBELL ROW 10 10</p>	<p><b>REST</b></p>	<p>- SHOULDT 10 10 - DUMBBELL ROW 10 10</p>	<p>OVERHEAD DWP BENT OVER ROW 10 10 - CALF PRESS 10 10</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>

# Yoga For Beginners Last 90 Days

**India. Ministry of Health and Family  
Welfare**



## **Yoga For Beginners Last 90 Days:**

## **Yoga For Beginners Last 90 Days** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Yoga For Beginners Last 90 Days**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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