

21-DAY CHAIR YOGA FOR BEGINNERS



<p>DAY 1</p> <p>REVERSE DWP BENT OVER ROW 17 B CALF PRESS 17 B</p>	<p>DAY 2</p> <p>- STRAIGHT BAR PUSHDOWN 21 B - ARMOLO PRESS 21 B</p>	<p>DAY 3</p> <p>REST</p>	<p>DAY 4</p> <p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>DAY 5</p> <p>FLANK 18 B WEIGHT 18 CRUSH 18 B</p>	<p>DAY 6</p> <p>- REVERSE DWP BENT OVER ROW 17 B - CALF PRESS 17 B</p>	<p>DAY 7</p> <p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>DAY 8</p> <p>REST</p>
<p>DAY 9</p> <p>SHOULDT 21 B DUMBBELL ROW 17 B</p>	<p>DAY 10</p> <p>REST</p>	<p>DAY 11</p> <p>REVERSE DWP BENT OVER ROW 17 B - CALF PRESS 17 B</p>	<p>DAY 12</p> <p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>DAY 13</p> <p>FLANK 18 B - INCLINED OLKUCH 18 B</p>	<p>DAY 14</p> <p>REST</p>	<p>DAY 15</p> <p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>DAY 16</p> <p>REVERSE DWP BENT OVER ROW 17 B - CALF PRESS 17 B</p>
<p>DAY 17</p> <p>REVERSE DWP BENT OVER ROW 17 B - CALF PRESS 17 B</p>	<p>DAY 18</p> <p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>DAY 19</p> <p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>DAY 20</p> <p>- SHOULDT 17 B - DUMBBELL ROW 17 B</p>	<p>DAY 21</p> <p>REST</p>	<p>DAY 22</p> <p>- SHOULDT 17 B - DUMBBELL ROW 17 B</p>	<p>DAY 23</p> <p>REVERSE DWP BENT OVER ROW 17 B - CALF PRESS 17 B</p>	<p>DAY 24</p> <p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>

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