

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 X 8 -CALF PRESS 2 X 8</p>	<p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p>	<p>REST</p>	<p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p>	<p>FLANK 1MIN WEIGHT 1 X 8 CRUSH 1 X 8</p>	<p>- REVERSE DWP BENT OVER ROW 2 X 8 -CALF PRESS 2 X 8</p>	<p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p>	<p>REST</p>
<p>SHOULDT 2 X 8 DUMBBELL ROW 2 X 8</p>	<p>REST</p>	<p>REVERSE DWP BENT OVER ROW 2 X 8 -CALF PRESS 2 X 8</p>	<p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p>	<p>FLANK 1MIN WEIGHT 1 X 8 CRUSH 1 X 8</p>	<p>REST</p>	<p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p>	<p>REVERSE DWP BENT OVER ROW 2 X 8 -CALF PRESS 2 X 8</p>
<p>REVERSE DWP BENT OVER ROW 2 X 8 -CALF PRESS 2 X 8</p>	<p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p>	<p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p>	<p>SHOULDT 2 X 8 - DUMBBELL ROW 2 X 8</p>	<p>REST</p>	<p>- SHOULDT 2 X 8 - DUMBBELL ROW 2 X 8</p>	<p>OVERHEAD DWP BENT OVER ROW 2 X 8 -CALF PRESS 2 X 8</p>	<p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p>

Yoga For Beginners Last 90 Days

RC Schank



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