

# 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 210 CALF PRESS 210</p>	<p>- STRAIGHT BAR PUSHDOWN 210 - ARMOLO PRESS 210</p>	<p><b>REST</b></p>	<p>- STRAIGHT BAR PUSHDOWN 210 - ARMOLO PRESS 210</p>	<p>FLANK 180 WEIGHT 18 CRUSH 120</p>	<p>- REVERSE DWP BENT OVER ROW 210 - CALF PRESS 210</p>	<p>- STRAIGHT BAR PUSHDOWN 210 - ARMOLO PRESS 210</p>	<p><b>REST</b></p>
<p>SHOULDT 210 DUMBBELL ROW 120</p>	<p><b>REST</b></p>	<p>REVERSE DWP BENT OVER ROW 210 - CALF PRESS 210</p>	<p>- STRAIGHT BAR PUSHDOWN 210 - ARMOLO PRESS 210</p>	<p>FLANK 180 - INCLINED OLBCK 100</p>	<p><b>REST</b></p>	<p>- STRAIGHT BAR PUSHDOWN 210 - ARMOLO PRESS 210</p>	<p>REVERSE DWP BENT OVER ROW 210 - CALF PRESS 210</p>
<p>REVERSE DWP BENT OVER ROW 210 - CALF PRESS 210</p>	<p>- STRAIGHT BAR PUSHDOWN 210 - ARMOLO PRESS 210</p>	<p>- STRAIGHT BAR PUSHDOWN 210 - ARMOLO PRESS 210</p>	<p>SHOULDT 210 - DUMBBELL ROW 120</p>	<p><b>REST</b></p>	<p>- SHOULDT 210 - DUMBBELL ROW 120</p>	<p>OVERHEAD DWP BENT OVER ROW 210 - CALF PRESS 210</p>	<p>- STRAIGHT BAR PUSHDOWN 210 - ARMOLO PRESS 210</p>

# Yoga For Beginners Last 90 Days

**Karin Nielsen-Saines**



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