

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 10 CALF PRESS 10</p> | <p>- STRAIGHT BAR PUSHDOWN 30 - ARMOLO PRESS 10</p> | <p>REST</p> | <p>- STRAIGHT BAR PUSHDOWN 10 - ARMOLO PRESS 10</p> | <p>FLANK 1MIN WEIGHT 10 CRUSH 10</p> | <p>- REVERSE DWP BENT OVER ROW 10 - CALF PRESS 10</p> | <p>- STRAIGHT BAR PUSHDOWN 10 - ARMOLO PRESS 10</p> | <p>REST</p> |
| <p>SHOULDT 20 DUMBBELL ROW 10</p> | <p>REST</p> | <p>REVERSE DWP BENT OVER ROW 10 - CALF PRESS 10</p> | <p>- STRAIGHT BAR PUSHDOWN 10 - ARMOLO PRESS 10</p> | <p>FLANK 1MIN - INCLINED OLKUCH 10</p> | <p>REST</p> | <p>- STRAIGHT BAR PUSHDOWN 10 - ARMOLO PRESS 10</p> | <p>REVERSE DWP BENT OVER ROW 10 - CALF PRESS 10</p> |
| <p>REVERSE DWP BENT OVER ROW 10 - CALF PRESS 10</p> | <p>- STRAIGHT BAR PUSHDOWN 10 - ARMOLO PRESS 10</p> | <p>- STRAIGHT BAR PUSHDOWN 10 - ARMOLO PRESS 10</p> | <p>SHOULDT 10 - DUMBBELL ROW 10</p> | <p>REST</p> | <p>- SHOULDT 10 - DUMBBELL ROW 10</p> | <p>OVERHEAD DWP BENT OVER ROW 10 - CALF PRESS 10</p> | <p>- STRAIGHT BAR PUSHDOWN 10 - ARMOLO PRESS 10</p> |

Yoga For Beginners Last 90 Days

SJ Ball



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