

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>REST</p>	<p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>	<p>FLANK 1MIN WEIGHT 10 CRUSH 1 10</p>	<p>- REVERSE DWP BENT OVER ROW 1 10 - CALF PRESS 10</p>	<p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>	<p>REST</p>
<p>SHOULDT 2 10 DUMBBELL ROW 1 10</p>	<p>REST</p>	<p>REVERSE DWP BENT OVER ROW 2 10 - CALF PRESS 10</p>	<p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>	<p>- FLANK 1MIN - INCLINED OILBCH 100</p>	<p>REST</p>	<p>- STRAIGHT BAR PUSHDOWN 2 10 - ARMOLO PRESS 2 10</p>	<p>REVERSE DWP BENT OVER ROW 1 10 - CALF PRESS 10</p>
<p>REVERSE DWP BENT OVER ROW 2 10 - CALF PRESS 10</p>	<p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>	<p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>	<p>- SHOULDT 1 10 - DUMBBELL ROW 1 10</p>	<p>REST</p>	<p>- SHOULDT 1 10 - DUMBBELL ROW 1 10</p>	<p>OVERHEAD DWP BENT OVER ROW 1 10 - CALF PRESS 10 E</p>	<p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>

Yoga For Beginners Last 90 Days

ML Morrison



Yoga For Beginners Last 90 Days:

Yoga For Beginners Last 90 Days Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Yoga For Beginners Last 90 Days**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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