

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 17 B CALF PRESS 17 B</p>	<p>- STRAIGHT BAR PUSHDOWN 21 B - ARMOLO PRESS 21 B</p>	<p>REST</p>	<p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>FLANK 18 B WEIGHT 18 CRUSH 18 B</p>	<p>- REVERSE DWP BENT OVER ROW 17 B - CALF PRESS 17 B</p>	<p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>REST</p>
<p>SHOULDT 21 B DUMBBELL ROW 17 B</p>	<p>REST</p>	<p>REVERSE DWP BENT OVER ROW 17 B - CALF PRESS 17 B</p>	<p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>- FLANK 18 B - INCLINED OLKUCH 18 B</p>	<p>REST</p>	<p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>REVERSE DWP BENT OVER ROW 17 B - CALF PRESS 17 B</p>
<p>REVERSE DWP BENT OVER ROW 17 B - CALF PRESS 17 B</p>	<p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>	<p>- SHOULDT 17 B - DUMBBELL ROW 17 B</p>	<p>REST</p>	<p>- SHOULDT 17 B - DUMBBELL ROW 17 B</p>	<p>OVERHEAD DWP BENT OVER ROW 17 B - CALF PRESS 17 B</p>	<p>- STRAIGHT BAR PUSHDOWN 17 B - ARMOLO PRESS 17 B</p>

Yoga For Beginners Last 90 Days

SB Merriam



Yoga For Beginners Last 90 Days:

The Enigmatic Realm of **Yoga For Beginners Last 90 Days**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Yoga For Beginners Last 90 Days** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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