

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 - INCLINED DUMBBELL 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

Lewis Dominic Swamikannu Pillai



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,1903 The American Yoga Association Beginner's Manual Alice Christensen,1987 This excellent guidebook boasts a clear safe and thorough introduction to yoga from the organization that sets the standard for yoga instruction in this country 323

photographs Video Source Book ,2006 A guide to programs currently available on video in the areas of movies

entertainment general interest education sports recreation fine arts health science business industry children juvenile how to
instruction *Renew Your Life Through Yoga* Indra Devi, Indra Devi Peterson Knauer, 1965 *Râja Yoga Messenger* , 1923
Disorders of Stress and Their Management by Yoga K. N. Udapa, 1978 *pt. 1. General principles and tables* Lewis
Dominic Swamikannu Pillai, 1922

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