

# 21-DAY CHAIR YOGA FOR BEGINNERS



<p><b>DAY 1</b></p> <p>REVERSE DWP BENT OVER ROW 2 10 CALF PRESS 10</p>	<p><b>DAY 2</b></p> <p>- STRAIGHT BAR PUSHDOWN 2 10 - ARMOLO PRESS 2 10</p>	<p><b>DAY 3</b></p> <p><b>REST</b></p>	<p><b>DAY 4</b></p> <p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>	<p><b>DAY 5</b></p> <p>FLANK 1000 WEIGHT 10 CRUSH 1 10</p>	<p><b>DAY 6</b></p> <p>- REVERSE DWP BENT OVER ROW 1 10 - CALF PRESS 10</p>	<p><b>DAY 7</b></p> <p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>	<p><b>DAY 8</b></p> <p><b>REST</b></p>
<p><b>DAY 9</b></p> <p>SHOULDT 2 10 DUMBBELL ROW 1 10</p>	<p><b>DAY 10</b></p> <p><b>REST</b></p>	<p><b>DAY 11</b></p> <p>REVERSE DWP BENT OVER ROW 2 10 - CALF PRESS 2 10</p>	<p><b>DAY 12</b></p> <p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>	<p><b>DAY 13</b></p> <p>FLANK 1000 - INCLINED OLKUCH 100</p>	<p><b>DAY 14</b></p> <p><b>REST</b></p>	<p><b>DAY 15</b></p> <p>- STRAIGHT BAR PUSHDOWN 2 10 - ARMOLO PRESS 2 10</p>	<p><b>DAY 16</b></p> <p>REVERSE DWP BENT OVER ROW 1 10 - CALF PRESS 1 10</p>
<p><b>DAY 17</b></p> <p>REVERSE DWP BENT OVER ROW 2 10 - CALF PRESS 2 10</p>	<p><b>DAY 18</b></p> <p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>	<p><b>DAY 19</b></p> <p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>	<p><b>DAY 20</b></p> <p>- SHOULDT 1 10 - DUMBBELL ROW 1 10</p>	<p><b>DAY 21</b></p> <p><b>REST</b></p>	<p><b>DAY 22</b></p> <p>- SHOULDT 1 10 - DUMBBELL ROW 1 10</p>	<p><b>DAY 23</b></p> <p>REVERSE DWP BENT OVER ROW 1 10 - CALF PRESS 1 10</p>	<p><b>DAY 24</b></p> <p>- STRAIGHT BAR PUSHDOWN 1 10 - ARMOLO PRESS 1 10</p>

# Yoga For Beginners Last 90 Days

**Sonia Sumar**



## **Yoga For Beginners Last 90 Days:**

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