

21-DAY CHAIR YOGA

FOR BEGINNERS



<p>DAY 1</p> <p>REVERSE DWP BENT OVER ROW 2 X 8 CALF PRESS 2 X 8</p> 	<p>DAY 2</p> <p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p> 	<p>DAY 3</p> <p>REST</p> 	<p>DAY 4</p> <p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p> 	<p>DAY 5</p> <p>FLANK 1MIN WEIGHT 1 X 8 CRUSH 1 X 8</p> 	<p>DAY 6</p> <p>REVERSE DWP BENT OVER ROW 2 X 8 CALF PRESS 2 X 8</p> 	<p>DAY 7</p> <p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p> 	<p>DAY 8</p> <p>REST</p> 
<p>DAY 9</p> <p>SHOULDT 2 X 8 DUMBBELL ROW 2 X 8</p> 	<p>DAY 10</p> <p>REST</p> 	<p>DAY 11</p> <p>REVERSE DWP BENT OVER ROW 2 X 8 CALF PRESS 2 X 8</p> 	<p>DAY 12</p> <p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p> 	<p>DAY 13</p> <p>FLANK 1MIN WEIGHT 1 X 8 CRUSH 1 X 8</p> 	<p>DAY 14</p> <p>REST</p> 	<p>DAY 15</p> <p>- STRAIGHT BAR PUSHDOWN 2 X 8 - ARMOLO PRESS 2 X 8</p> 	<p>DAY 16</p> <p>REVERSE DWP BENT OVER ROW 2 X 8 CALF PRESS 2 X 8</p> 
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Yoga For Beginners Last 90 Days

Lewis Dominic Svami-Kannu Pillai

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