

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 10</p>	<p>- STRAIGHT BAR PUSHDOWN 3 10 - ARMOLO PRESS 2 10</p>	<p>REST</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p>FLANK 10 10 WEIGHT 10 CRUSH 1 10</p>	<p>- REVERSE DWP BENT OVER ROW 10 10 - CALF PRESS 10 10</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p>REST</p>
<p>SHOULDT 2 10 DUMBBELL ROW 10 10</p>	<p>REST</p>	<p>REVERSE DWP BENT OVER ROW 10 10 - CALF PRESS 10 10</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p>FLANK 10 10 - INCLINED OILBCH 10 10</p>	<p>REST</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p>REVERSE DWP BENT OVER ROW 10 10 - CALF PRESS 10 10</p>
<p>REVERSE DWP BENT OVER ROW 10 10 - CALF PRESS 10 10</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>	<p>SHOULDT 10 10 - DUMBBELL ROW 10 10</p>	<p>REST</p>	<p>- SHOULDT 10 10 - DUMBBELL ROW 10 10</p>	<p>REVERSE DWP BENT OVER ROW 10 10 - CALF PRESS 10 10</p>	<p>- STRAIGHT BAR PUSHDOWN 10 10 - ARMOLO PRESS 10 10</p>

Yoga For Beginners Last 90 Days

IM Harris



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 ability of words has be evident than ever. They have the capability 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. Published 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 shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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