

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 OLKUCH 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>
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Xiaolong Qi



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