

# 21-DAY CHAIR YOGA

## FOR BEGINNERS



<b>DAY 1</b> REVERSE DWP BENT OVER ROW 1/2 Calf Press 1/2	<b>DAY 2</b> - STRAIGHT BAR PUSHDOWN 3/4 - ARNOLD PRESS 1/2	<b>DAY 3</b> <b>REST</b>	<b>DAY 4</b> - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PRESS 1/2	<b>DAY 5</b> PLANK 1MIN WEIGHT 1/2 CRUSH 1/2	<b>DAY 6</b> - REVERSE DWP BENT OVER ROW 1/2 Calf Press 1/2	<b>DAY 7</b> - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PRESS 1/2	<b>DAY 8</b> <b>REST</b>
<b>DAY 9</b> SQUAT 7/10 DUMBBELL ROW 1/2	<b>DAY 10</b> <b>REST</b>	<b>DAY 11</b> REVERSE DWP BENT OVER ROW 1/2 Calf Press 1/2	<b>DAY 12</b> - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PRESS 1/2	<b>DAY 13</b> PLANK 1MIN WEIGHTED CRUSH 1/2	<b>DAY 14</b> <b>REST</b>	<b>DAY 15</b> - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PRESS 1/2	<b>DAY 16</b> REVERSE DWP BENT OVER ROW 1/2 Calf Press 1/2
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# Yoga For Beginners Last 90 Days

**Timothy O'Leary, Linda O'Leary**



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