

21-DAY CHAIR YOGA

FOR BEGINNERS



DAY 1 REVERSE DWP BENT OVER ROW 1/2 CALF PUSHS 1/2	DAY 2 - STRAIGHT BAR PUSHDOWN 3/4 - ARNOLD PUSHS 1/2	DAY 3 REST	DAY 4 - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PUSHS 1/2	DAY 5 FLANK 1MIN WEIGHT 1/2 CRUSH 1/2	DAY 6 - REVERSE DWP BENT OVER ROW 1/2 CALF PUSHS 1/2	DAY 7 - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PUSHS 1/2	DAY 8 REST
DAY 9 SQUAT 2/2 DUMBBELL ROW 1/2	DAY 10 REST	DAY 11 REVERSE DWP BENT OVER ROW 1/2 CALF PUSHS 1/2	DAY 12 - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PUSHS 1/2	DAY 13 FLANK 1MIN WEIGHT 1/2 CRUSH 1/2	DAY 14 REST	DAY 15 - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PUSHS 1/2	DAY 16 REVERSE DWP BENT OVER ROW 1/2 CALF PUSHS 1/2
DAY 17 REVERSE DWP BENT OVER ROW 1/2 CALF PUSHS 1/2	DAY 18 - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PUSHS 1/2	DAY 19 - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PUSHS 1/2	DAY 20 SQUAT 1/2 DUMBBELL ROW 1/2	DAY 21 REST	DAY 22 SQUAT 1/2 DUMBBELL ROW 1/2	DAY 23 REVERSE DWP BENT OVER ROW 1/2 CALF PUSHS 1/2	DAY 24 - STRAIGHT BAR PUSHDOWN 1/2 - ARNOLD PUSHS 1/2

Yoga For Beginners Last 90 Days

Roman Wölfel



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