

21-DAY CHAIR YOGA FOR BEGINNERS



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
STRAIGHT SIT SIT-UPS SIT-UPS CALF PRESS 10/10	STRAIGHT SIT PUSHUPS 3/10 ARM HOLD PRESS 10/10	REST 	STRAIGHT SIT PUSHUPS 3/10 ARM HOLD PRESS 10/10	PLANK 1 MIN SIT-UPS 10/10 CALF PRESS 10/10	STRAIGHT SIT SIT-UPS SIT-UPS CALF PRESS 10/10	STRAIGHT SIT PUSHUPS 3/10 ARM HOLD PRESS 10/10	REST
DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16
INVERSE SIT SIT-UPS SIT-UPS CALF PRESS 10/10	REST 	INVERSE SIT SIT-UPS SIT-UPS CALF PRESS 10/10	STRAIGHT SIT PUSHUPS 10/10 ARM HOLD PRESS 10/10	PLANK 1 MIN SIT-UPS CALF PRESS 10/10	REST 	STRAIGHT SIT PUSHUPS 3/10 ARM HOLD PRESS 10/10	INVERSE SIT SIT-UPS SIT-UPS CALF PRESS 10/10
DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
INVERSE SIT SIT-UPS SIT-UPS CALF PRESS 10/10	STRAIGHT SIT PUSHUPS 10/10 ARM HOLD PRESS 10/10	STRAIGHT SIT PUSHUPS 10/10 ARM HOLD PRESS 10/10	INVERSE SIT SIT-UPS SIT-UPS CALF PRESS 10/10	REST 	INVERSE SIT SIT-UPS SIT-UPS CALF PRESS 10/10	INVERSE SIT SIT-UPS SIT-UPS CALF PRESS 10/10	STRAIGHT SIT PUSHUPS 10/10 ARM HOLD PRESS 10/10

Yoga For Beginners Last 90 Days

Lei Huang

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