

21-DAY CHAIR YOGA

FOR BEGINNERS



DAY 1 REVERSE DWP BENT OVER ROW 210 Calf Press 210	DAY 2 - STRAIGHT BAR PUSHDOWN 310 - ARNOLD PRESS 210	DAY 3 REST	DAY 4 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	DAY 5 PLANK 1MIN WEIGHT 110 CRUSH 120	DAY 6 - REVERSE DWP BENT OVER ROW 210 Calf Press 210	DAY 7 - STRAIGHT BAR PUSHDOWN 310 - ARNOLD PRESS 310	DAY 8 REST
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DAY 17 REVERSE DWP BENT OVER ROW 210 Calf Press 210	DAY 18 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	DAY 19 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	DAY 20 SQUAT 210 DUMBBELL ROW 120	DAY 21 REST	DAY 22 SQUAT 210 DUMBBELL ROW 120	DAY 23 REVERSE DWP BENT OVER ROW 210 Calf Press 210	DAY 24 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210

Yoga For Beginners Last 90 Days

Joacim Rocklöv



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In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Yoga For Beginners Last 90 Days**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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