

21-DAY CHAIR YOGA

FOR BEGINNERS



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

Yoga For Beginners Last 90 Days

Julia Schneider



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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Yoga For Beginners Last 90 Days** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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