

21-DAY CHAIR YOGA

FOR BEGINNERS



DAY 1 REVERSE DWP BENT OVER ROW 110 Calf Press 110	DAY 2 - STRAIGHT BAR PUSHDOWN 110 - ARNOLD PRESS 110	DAY 3 REST	DAY 4 - STRAIGHT BAR PUSHDOWN 110 - ARNOLD PRESS 110	DAY 5 PLANK 1MIN WEIGHT 110 CRUSH 110	DAY 6 - REVERSE DWP BENT OVER ROW 110 Calf Press 110	DAY 7 - STRAIGHT BAR PUSHDOWN 110 - ARNOLD PRESS 110	DAY 8 REST
DAY 9 SQUAT 110 DUMBBELL ROW 110	DAY 10 REST	DAY 11 REVERSE DWP BENT OVER ROW 110 Calf Press 110	DAY 12 - STRAIGHT BAR PUSHDOWN 110 - ARNOLD PRESS 110	DAY 13 PLANK 1MIN WEIGHT 110 CRUSH 110	DAY 14 REST	DAY 15 - STRAIGHT BAR PUSHDOWN 110 - ARNOLD PRESS 110	DAY 16 REVERSE DWP BENT OVER ROW 110 Calf Press 110
DAY 17 REVERSE DWP BENT OVER ROW 110 Calf Press 110	DAY 18 - STRAIGHT BAR PUSHDOWN 110 - ARNOLD PRESS 110	DAY 19 - STRAIGHT BAR PUSHDOWN 110 - ARNOLD PRESS 110	DAY 20 SQUAT 110 DUMBBELL ROW 110	DAY 21 REST	DAY 22 SQUAT 110 DUMBBELL ROW 110	DAY 23 REVERSE DWP BENT OVER ROW 110 Calf Press 110	DAY 24 - STRAIGHT BAR PUSHDOWN 110 - ARNOLD PRESS 110

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SJ Ball



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