

# 21-DAY CHAIR YOGA

## FOR BEGINNERS



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

# Yoga For Beginners Last 90 Days

**Timothy O'Leary, Linda O'Leary**



## **Yoga For Beginners Last 90 Days:**

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