

21-DAY CHAIR YOGA FOR BEGINNERS



DAY 1 INVERSE CROP SIENT OVER KNEE C/P'D CALF PRESS 10/10 	DAY 2 STRAIGHT BAR PUSHDOWN 10/10 ARM HOLD PRESS 10/10 	DAY 3 REST 	DAY 4 STRAIGHT BAR PUSHDOWN 10/10 ARM HOLD PRESS 10/10 	DAY 5 PLANK 1 MIN INCHED IN CUSHION 10/10 	DAY 6 INVERSE CROP SIENT OVER KNEE C/P'D CALF PRESS 10/10 	DAY 7 STRAIGHT BAR PUSHDOWN 10/10 ARM HOLD PRESS 10/10 	DAY 8 REST
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Yoga For Beginners Last 90 Days

K. N. Udupa

Yoga For Beginners Last 90 Days:

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