

# 21-DAY CHAIR YOGA

## FOR BEGINNERS



<b>DAY 1</b> REVERSE DWP BENT OVER ROW 210 Calf Press 210	<b>DAY 2</b> - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	<b>DAY 3</b> <b>REST</b>	<b>DAY 4</b> - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	<b>DAY 5</b> PLANK 1MIN WEIGHT 110 CRUSH 120	<b>DAY 6</b> - REVERSE DWP BENT OVER ROW 210 Calf Press 210	<b>DAY 7</b> - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	<b>DAY 8</b> <b>REST</b>
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# Yoga For Beginners Last 90 Days

**CO Houle**



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