

21-DAY CHAIR YOGA

FOR BEGINNERS



DAY 1 REVERSE DWP BENT OVER ROW 210 Calf Press 210	DAY 2 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	DAY 3 REST	DAY 4 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	DAY 5 PLANK 1MIN WEIGHT 110 CRUSH 120	DAY 6 - REVERSE DWP BENT OVER ROW 210 Calf Press 210	DAY 7 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	DAY 8 REST
DAY 9 SQUAT 210 DUMBBELL ROW 120	DAY 10 REST	DAY 11 REVERSE DWP BENT OVER ROW 210 Calf Press 210	DAY 12 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	DAY 13 PLANK 1MIN WEIGHT 110 CRUSH 120	DAY 14 REST	DAY 15 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	DAY 16 REVERSE DWP BENT OVER ROW 210 Calf Press 210
DAY 17 REVERSE DWP BENT OVER ROW 210 Calf Press 210	DAY 18 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	DAY 19 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210	DAY 20 SQUAT 210 DUMBBELL ROW 120	DAY 21 REST	DAY 22 SQUAT 210 DUMBBELL ROW 120	DAY 23 REVERSE DWP BENT OVER ROW 210 Calf Press 210	DAY 24 - STRAIGHT BAR PUSHDOWN 210 - ARNOLD PRESS 210

Yoga For Beginners Last 90 Days

Marco Cascella



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