

21-DAY CHAIR YOGA

FOR BEGINNERS



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

Yoga For Beginners Last 90 Days

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