

# 21-DAY CHAIR YOGA FOR BEGINNERS



|  |   |  |  |   |  |  |  |
|--|---|--|--|---|--|--|--|
| DAY 1<br>INVERSE CROP<br>SIENT OVER<br>KNEE C/P'D<br>CALF PRESS 10/10<br>  | DAY 2<br>STRAIGHT BAR<br>PUSHDOWN 10/10<br>ARM HOLD<br>PRESS 10/10<br>  | DAY 3<br><b>REST</b><br>   | DAY 4<br>STRAIGHT BAR<br>PUSHDOWN 10/10<br>ARM HOLD<br>PRESS 10/10<br>     | DAY 5<br>PLANK 1 MIN<br>INCHED IN<br>CUSHION 10/10<br>  | DAY 6<br>INVERSE CROP<br>SIENT OVER<br>KNEE C/P'D<br>CALF PRESS 10/10<br>  | DAY 7<br>STRAIGHT BAR<br>PUSHDOWN 10/10<br>ARM HOLD<br>PRESS 10/10<br>     | DAY 8<br><b>REST</b><br>   |
| DAY 9<br>INVERSE CROP<br>SIENT OVER<br>KNEE C/P'D<br>CALF PRESS 10/10<br>  | DAY 10<br><b>REST</b><br>   | DAY 11<br>INVERSE CROP<br>SIENT OVER<br>KNEE C/P'D<br>CALF PRESS 10/10<br> | DAY 12<br>STRAIGHT BAR<br>PUSHDOWN 10/10<br>ARM HOLD<br>PRESS 10/10<br>    | DAY 13<br>PLANK 1 MIN<br>INCHED IN<br>CUSHION 10/10<br> | DAY 14<br><b>REST</b><br>  | DAY 15<br>STRAIGHT BAR<br>PUSHDOWN 10/10<br>ARM HOLD<br>PRESS 10/10<br>    | DAY 16<br>INVERSE CROP<br>SIENT OVER<br>KNEE C/P'D<br>CALF PRESS 10/10<br> |
| DAY 17<br>INVERSE CROP<br>SIENT OVER<br>KNEE C/P'D<br>CALF PRESS 10/10<br> | DAY 18<br>STRAIGHT BAR<br>PUSHDOWN 10/10<br>ARM HOLD<br>PRESS 10/10<br> | DAY 19<br>STRAIGHT BAR<br>PUSHDOWN 10/10<br>ARM HOLD<br>PRESS 10/10<br>    | DAY 20<br>INVERSE CROP<br>SIENT OVER<br>KNEE C/P'D<br>CALF PRESS 10/10<br> | DAY 21<br><b>REST</b><br>                               | DAY 22<br>INVERSE CROP<br>SIENT OVER<br>KNEE C/P'D<br>CALF PRESS 10/10<br> | DAY 23<br>INVERSE CROP<br>SIENT OVER<br>KNEE C/P'D<br>CALF PRESS 10/10<br> | DAY 24<br>STRAIGHT BAR<br>PUSHDOWN 10/10<br>ARM HOLD<br>PRESS 10/10<br>    |

# **Yoga For Beginners Last 90 Days**

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

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