

21-DAY CHAIR YOGA

FOR BEGINNERS



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

Yoga For Beginners Last 90 Days

Bryan Holub



Yoga For Beginners Last 90 Days:

Decoding **Yoga For Beginners Last 90 Days**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Yoga For Beginners Last 90 Days**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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