

30 DAYS WORKOUT CHALLENGE

30 Days

CHAIR YOGA SENIORS

Challenge



A. extended side angle

DAY 1

- ☐ 10 sec A breath hold
- ☐ 10 sec B x 2 sets
- ☐ 10 sec C breath hold
- ☐ 10 sec D breath hold
- ☐ 10 sec E breath hold



B. chair forward bend

DAY 2

- ☐ 10 sec A breath hold
- ☐ 10 sec B x 2 sets
- ☐ 10 sec C breath hold
- ☐ 10 sec D breath hold
- ☐ 10 sec E breath hold



C. chair warrior

DAY 3

- ☐ 10 sec A breath hold
- ☐ 10 sec B x 2 sets
- ☐ 10 sec C breath hold
- ☐ 10 sec D breath hold
- ☐ 10 sec E breath hold



D. chair spinal twist

DAY 4

- ☐ 10 sec A breath hold
- ☐ 10 sec B x 2 sets
- ☐ 10 sec C breath hold
- ☐ 10 sec D breath hold
- ☐ 10 sec E breath hold



E. chair pigeon

DAY 5

- ☐ 10 sec A breath hold
- ☐ 10 sec B x 2 sets
- ☐ 10 sec C breath hold
- ☐ 10 sec D breath hold
- ☐ 10 sec E breath hold

- DAY 6
- ☐ 20 sec A breath hold
 - ☐ 20 sec B x 2 sets
 - ☐ 20 sec C breath hold
 - ☐ 20 sec D breath hold
 - ☐ 20 sec E breath hold

- DAY 7
- ☐ 20 sec A breath hold
 - ☐ 20 sec B x 2 sets
 - ☐ 20 sec C breath hold
 - ☐ 20 sec D breath hold
 - ☐ 20 sec E breath hold

- DAY 8
- ☐ 30 sec A breath hold
 - ☐ 30 sec B x 2 sets
 - ☐ 30 sec C breath hold
 - ☐ 30 sec D breath hold
 - ☐ 30 sec E breath hold

- DAY 9
- ☐ 25 sec A breath hold
 - ☐ 25 sec B x 2 sets
 - ☐ 25 sec C breath hold
 - ☐ 25 sec D breath hold
 - ☐ 25 sec E breath hold

- DAY 10
- ☐ 25 sec A breath hold
 - ☐ 25 sec B x 2 sets
 - ☐ 25 sec C breath hold
 - ☐ 25 sec D breath hold
 - ☐ 25 sec E breath hold

- DAY 11
- ☐ 30 sec A breath hold
 - ☐ 30 sec B x 2 sets
 - ☐ 30 sec C breath hold
 - ☐ 30 sec D breath hold
 - ☐ 30 sec E breath hold

- DAY 12
- ☐ 30 sec A breath hold
 - ☐ 30 sec B x 2 sets
 - ☐ 30 sec C breath hold
 - ☐ 30 sec D breath hold
 - ☐ 30 sec E breath hold

- DAY 13
- ☐ 30 sec A breath hold
 - ☐ 30 sec B x 2 sets
 - ☐ 30 sec C breath hold
 - ☐ 30 sec D breath hold
 - ☐ 30 sec E breath hold

- DAY 14
- ☐ 35 sec A breath hold
 - ☐ 35 sec B x 2 sets
 - ☐ 35 sec C breath hold
 - ☐ 35 sec D breath hold
 - ☐ 35 sec E breath hold

- DAY 15
- ☐ 35 sec A breath hold
 - ☐ 35 sec B x 2 sets
 - ☐ 35 sec C breath hold
 - ☐ 35 sec D breath hold
 - ☐ 35 sec E breath hold

- DAY 16
- ☐ 40 sec A breath hold
 - ☐ 40 sec B x 2 sets
 - ☐ 40 sec C breath hold
 - ☐ 40 sec D breath hold
 - ☐ 40 sec E breath hold

- DAY 17
- ☐ 40 sec A breath hold
 - ☐ 40 sec B x 2 sets
 - ☐ 40 sec C breath hold
 - ☐ 40 sec D breath hold
 - ☐ 40 sec E breath hold

- DAY 18
- ☐ 40 sec A breath hold
 - ☐ 40 sec B x 2 sets
 - ☐ 40 sec C breath hold
 - ☐ 40 sec D breath hold
 - ☐ 40 sec E breath hold

- DAY 19
- ☐ 45 sec A breath hold
 - ☐ 45 sec B x 2 sets
 - ☐ 45 sec C breath hold
 - ☐ 45 sec D breath hold
 - ☐ 45 sec E breath hold

- DAY 20
- ☐ 45 sec A breath hold
 - ☐ 45 sec B x 2 sets
 - ☐ 45 sec C breath hold
 - ☐ 45 sec D breath hold
 - ☐ 45 sec E breath hold

- DAY 21
- ☐ 50 sec A breath hold
 - ☐ 50 sec B x 2 sets
 - ☐ 50 sec C breath hold
 - ☐ 50 sec D breath hold
 - ☐ 50 sec E breath hold

- DAY 22
- ☐ 50 sec A breath hold
 - ☐ 50 sec B x 2 sets
 - ☐ 50 sec C breath hold
 - ☐ 50 sec D breath hold
 - ☐ 50 sec E breath hold

- DAY 23
- ☐ 50 sec A breath hold
 - ☐ 50 sec B x 2 sets
 - ☐ 50 sec C breath hold
 - ☐ 50 sec D breath hold
 - ☐ 50 sec E breath hold

- DAY 24
- ☐ 55 sec A breath hold
 - ☐ 55 sec B x 2 sets
 - ☐ 55 sec C breath hold
 - ☐ 55 sec D breath hold
 - ☐ 55 sec E breath hold

- DAY 25
- ☐ 55 sec A breath hold
 - ☐ 55 sec B x 2 sets
 - ☐ 55 sec C breath hold
 - ☐ 55 sec D breath hold
 - ☐ 55 sec E breath hold

3
SIZES