

30
Day

CHAIR Yoga for SENIORS

challenge



Core Activation



Wise Old Owl



Hamstring Stretch



Chair Angels

Day 1

- 30 sec. Core Activation
- 30 sec. Wise Old Owl
- 30 sec. Hamstring Str
- 30 sec. Chair Angels

Let's start!

Day 2

- 30 sec. Core Activation
- 30 sec. Wise Old Owl
- 30 sec. Hamstring Str
- 30 sec. Chair Angels

Day 3

- 30 sec. Core Activation
- 30 sec. Wise Old Owl
- 30 sec. Hamstring Str
- 30 sec. Chair Angels

Day 4

- 30 sec. Core Activation
- 30 sec. Wise Old Owl
- 30 sec. Hamstring Str
- 30 sec. Chair Angels

Day 5

- 30 sec. Core Activation
- 30 sec. Wise Old Owl
- 30 sec. Hamstring Str
- 30 sec. Chair Angels

Remember to drink water!

Day 6

- 35 sec. Core Activation
- 35 sec. Wise Old Owl
- 35 sec. Hamstring Str
- 35 sec. Chair Angels

Day 7



Rest
&
meditate

Day 8

- 35 sec. Core Activation
- 35 sec. Wise Old Owl
- 35 sec. Hamstring Str
- 35 sec. Chair Angels

Day 9

- 35 sec. Core Activation
- 35 sec. Wise Old Owl
- 35 sec. Hamstring Str
- 35 sec. Chair Angels

Day 10

- 35 sec. Core Activation
- 35 sec. Wise Old Owl
- 35 sec. Hamstring Str
- 35 sec. Chair Angels

Day 11

- 35 sec. Core Activation
- 35 sec. Wise Old Owl
- 35 sec. Hamstring Str
- 35 sec. Chair Angels

You can do it!

Day 12

- 35 sec. Core Activation
- 35 sec. Wise Old Owl
- 35 sec. Hamstring Str
- 35 sec. Chair Angels

Day 13

- 40 sec. Core Activation
- 40 sec. Wise Old Owl
- 40 sec. Hamstring Str
- 40 sec. Chair Angels

Day 14



Rest
&
meditate

Day 15

- 40 sec. Core Activation
- 40 sec. Wise Old Owl
- 40 sec. Hamstring Str
- 40 sec. Chair Angels

You are halfway there!

Day 16

- 40 sec. Core Activation
- 40 sec. Wise Old Owl
- 40 sec. Hamstring Str
- 40 sec. Chair Angels

Day 17

- 40 sec. Core Activation
- 40 sec. Wise Old Owl
- 40 sec. Hamstring Str
- 40 sec. Chair Angels

Day 18

- 40 sec. Core Activation
- 40 sec. Wise Old Owl
- 40 sec. Hamstring Str
- 40 sec. Chair Angels

Day 19

- 40 sec. Core Activation
- 40 sec. Wise Old Owl
- 40 sec. Hamstring Str
- 40 sec. Chair Angels

Day 20

- 45 sec. Core Activation
- 45 sec. Wise Old Owl
- 45 sec. Hamstring Str
- 45 sec. Chair Angels

Day 21



Rest
&
meditate

Day 22

- 45 sec. Core Activation
- 45 sec. Wise Old Owl
- 45 sec. Hamstring Str
- 45 sec. Chair Angels

Day 23

- 45 sec. Core Activation
- 45 sec. Wise Old Owl
- 45 sec. Hamstring Str
- 45 sec. Chair Angels

Day 24

- 45 sec. Core Activation
- 45 sec. Wise Old Owl
- 45 sec. Hamstring Str
- 45 sec. Chair Angels

Day 25

- 45 sec. Core Activation
- 45 sec. Wise Old Owl
- 45 sec. Hamstring Str
- 45 sec. Chair Angels

You can't stop now!

Day 26

- 45 sec. Core Activation
- 45 sec. Wise Old Owl
- 45 sec. Hamstring Str
- 45 sec. Chair Angels

Remember to drink water!

Day 27

- 50 sec. Core Activation
- 50 sec. Wise Old Owl
- 50 sec. Hamstring Str
- 50 sec. Chair Angels

Day 28



Rest
&
meditate

Day 29

- 50 sec. Core Activation
- 50 sec. Wise Old Owl
- 50 sec. Hamstring Str
- 50 sec. Chair Angels

Almost there!

Day 30

- 55 sec. Core Activation
- 55 sec. Wise Old Owl
- 55 sec. Hamstring Str
- 55 sec. Chair Angels

hurray
you've made it!