

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

You're doing great!

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