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Go to www.DDPYOGA.com and get the program. This next section will be done on the DDP YOGA NOW App under that Tracker section. 1a. Take six pictures of yourself as shown on the DDPY App, 1b. Record Starting weight, Current weight & Goal weight, 1c. Take measurements as instructed, 1d. Record your Pain levels, *1e. through 1g. are optional 1e.

The List – DDPY Program Guide

Crank it up and get ready to sweat! This 25 minute DDP Yoga DVD provides a total body workout and targets problem areas like abs, arms, thighs and butt. This fast-paced, high-cardio emphasis focuses on carving fat off your body in a compact, time-saving workout.

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DDP Yoga is currently used by professional football players, more than 40 professional wrestlers, MMA fighters, and regular, everyday people who want to perform at optimum levels and place themselves in the best position to improve their quality of life.

DDPY Workout – DDPY Program Guide

DDP Yoga combines the very best of yoga, old-school calisthenics, sports rehabilitation therapy and dynamic resistance to create one of the most effective fitness plans in existence today. It allows anyone to: Get a kick-ass cardio workout Increase flexibility Strengthen core muscles Experience almost no joint impact

Which Program Is Right For Me? | DDP Yoga

Learning how to breathe is one of the most important principles of DDP Yoga. Oxygen is the fuel for your muscles. In any workout, controlling your breath makes your workout easier and helps to break down stored fat and convert it to high octane fuel. No, I ' m not kidding here.

DDP Yoga DVDs Pack 1 (DVDs, Poster and Program Guide ...

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COMBO Pack DVDs (4 DVDs, Poster and Program Guide) | DDP Yoga

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DDP YOGA is a revolutionary approach to fitness that combines the best of yoga positions, sports rehab therapy, old school calisthenics and dynamic resistance to give you a complete workout that requires NO RUNNING, NO JUMPING, and NO LIFTING.

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DDPY Program Guide – Start Owning Your Life

There are suggested 13-week programs for beginner, intermediate, and advanced levels – and along with the DVDs, you get a printed program guide that ' s heavy on nutritional guidance, plus a poster...

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DDP Yoga Is Rising in Popularity, But Does It Deliver ...

DDP Yoga Phase One is for anyone interested in a healthy, reasonable nutrition program to drop a couple of sizes, shape up and tone, and improve your energy.

Nutrition – DDPY Program Guide

And this program guide though short provides a lot of information that will help you change your life. "It Ain't Your Mama's Yoga" that is for sure. DDP Yoga is non-traditional yoga, it incorporates some traditional yoga movements combined with dynamic resistance and a focus on active breathing and it makes for a challenging workout.

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