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DDP Yoga is essentially a guided workout/yoga program designed for different levels of fitness, from beginner all the way to "Extreme" users. Each DDP "Pack" con-

sists of a series of workouts on DVD, a poster with different illustrated poses, and a fitness guide.

DDPY On Demand

DDP Yoga diet is not a strict diet, but a set of suggested nutritional guidelines that you can follow at your own pace. Just like the DDP Yoga Workouts, the DDP eating plan has three phases - "beginner, intermediate and advanced".

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This time-saving 35 minute DDP Yoga workout focuses on strengthening techniques for those body parts that tend to break down first—knees, hips, shoulders, and back. Just because you have a DDPY IS CARDIYOGA

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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.

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PHASE 1. DDPY 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. Don't be fooled, for most people this will be a major change. ... PROTEIN: DDP Yoga thighs-roasted rosemary ...

DDPY PHASE 1 Meal Plan - DDPY Program Guide

If you refer to the DDP Yoga Program Guide under the Fitness Section, you'll find a 13-Week Workout Grid with Beginner, Intermediate and Advanced levels depending upon your starting point. DDP Yoga is your workout!

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DDP YOGA NOW App Age is just a number... DDPY REBUILD is a unique program designed specifically for those 55 years and older and those who struggle with limited mobility. Through a progressive series of workouts, you'll build strength, increase flexibility, decrease pain, and turn back the hands of time.

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PHASE 3. Phase Three is for athletes, health and fitness fanatics, and all those who are in need of a serious intervention in order to take back their lives and achieve phenomenal results in the shortest period of time.

DDPY PHASE 3 Meal Plan - DDPY Program Guide

Arthur, who you read about in the Fitness Guide, lost 140 pounds in less than a year using this plan. Dylan lost 100 pounds in 10 months. DDP Yoga Phase Three is for anyone who wants to see the results that aren't typical.

Intro: PHASE 3 - DDPY Program Guide

DDPY REBUILD is a unique program designed specifically for those 55 years and older and those who struggle with limited mobility. Through a progressive series of workouts, you'll build strength, increase flexibility, decrease pain, and turn back the hands of time. If you're ready to REBUILD YOUR LIFE, then DDPY Rebuild is the perfect fit.

Rebuild Workouts - DDPY Program Guide

Because Dallas (DDP) had so much experience in many other areas of fitness, he quickly started mixing elements of yoga with his rehab and traditional calisthenics. For almost a decade, DDP has refined his program and has become a master at teaching it to others, as well as motivating individuals to believe that anything is possible with dedication and hard work.

DDPY On Demand

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DDPY Program Guide - Start Owning Your Life

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DDP Yoga Reviews - Is it a Scam or Legit?

DDP Yoga (formerly Yoga for Regular Guys Workout or YRG) is a program created by Diamond Dallas Page a.k.a. DDP, a former WWE professional wrestler. It is a hybrid workout that claims to combine yoga, traditional fitness, sports therapy, old school calisthenics, and dynamic resistance, providing strength-training, flexibility, and cardio with low joint impact.

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