

**DDP YOGA**

**"IT AIN'T YOUR  
MAMA'S YOGA"**

**LEVEL 1 TRAINING**

**DDP YOGA CERTIFICATION COURSE**

# Prior to Beginning:

## Exercise Tips

- Check with your doctor before you begin DDP Yoga or any regular exercise program.
- Discuss specifics of program, including nutrition if you have health problems—such as heart trouble, high blood pressure, diabetes, or obesity
- According to the Surgeon General, the optimal goal is at least 30 minutes of physical activity on most days, preferably daily.
- The American College of Sports Medicine and the CDC also recommend that adults should accumulate 30 minutes of moderate-intensity physical activity on most days of the week
- Listen to your body. When starting an exercise routine, you may have some muscle soreness and discomfort at the beginning, but this should not be painful or last more than 48 hours. If it does, you may be working too hard and need to ease up. *Stop exercising if you have any chest pain or discomfort*, and see your doctor before your next exercise session.

# Welcome to DDP YOGA

A Program that Adapts to EVERY Fitness Level

- ☑ Kick Ass Cardio
- ☑ Increased Flexibility
- ☑ Maximum Core Strength
- ☑ Minimal joint impact

Delivered with DDP's Tone & Attitude!

Visit [ddpyoga.com](http://ddpyoga.com) for additional details, testimonials and photos validating DDP YOGA results!

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*Life is 10% of what happens to you and 90% how you React to it, Stay Strong, Be Unstoppable.*

***-"Diamond" Dallas Page***



Check with your doctor before you begin DDP Yoga or any regular exercise program.

# What is DDP YOGA Level I Training?

DDP Level I Training is an introductory Level Program intended to:

- ❖ Provide foundational rationale
- ❖ Build a knowledge base:
  - History
  - Health Benefits
  - Anatomy/Physiology
  - Fundamentals of health (BP, Cholesterol, Metabolic Syndrome , etc.)
  - Application of Knowledge
  - Safe Practice
  - Preparation for Optional DDP YOGA Level I Certification

## Did you know...

**DDP YOGA** falls under the CDC's Greater Health Benefits "from increased physical activity" category.

# How DDP YOGA Program was created...

DDP YOGA developed from NEED to...

- OWN MY LIFE.
- Change my life.
- Achieve my goals.
- Feel good about myself.
- Conquer my adversity.
- DDP YOGA helped me get everything I wanted in life, and to sustain it forever.

*--Being given this second chance in life made DDP YOGA more than just a personal achievement. It became my calling. It became my passion. I realized I had created a tool for personal transformation and the same workout that restored my health and success could work for millions of other people with goals and dreams of their own. And that, my friends, is how this tattoo-covered, wrestling maniac became a fitness guru with a mission.*

**-And I am sharing this with you!!!**

# What is Yoga?...

**If your first thought was hot chicks in a classroom showing off their flexibility...NOT SO MUCH! Keep reading...**

Ancient Yogis had a belief that in order for man to be in harmony with himself and his environment, he has to integrate the...

1)Body, 2) Mind, and 3)Spirit.

## Literal Dictionary Definition:

*YOGA: Defined (capitalized)*

yo·ga *noun* \ 'yō-gə \

- 1: a Hindu theistic philosophy teaching the suppression of all activity of body, mind, and will in order that the self may realize its distinction from them and attain liberation
- 2: a system of exercises for attaining bodily or mental control and well-being

## Did you know...

### Origin of YOGA

Sanskrit, literally, means to  
**“unite” or “join”**



# Yoga History

- ❖ Yoga is said to be as old as civilization
- ❖ Some of the earliest evidence is from yoga poses depicted in stone seals from 3000BC ----->
- ❖ There is no written book, guide or manual for yoga. It is passed from teacher to student with hands on practical training.
- ❖ Early yoga Gurus were male. Teaching not just yoga, but instead defining a culture and a lifestyle which encompassed not just exercise, practices or ideas, but also eating habits, bathing habits, prayer, social interaction, and work.
- ❖ Beginning of modern era yoga was documented in Chicago at the World Parliament of Religions on Sept 11, 1893, when Swami Vivekananda made his historic address that began the modern yoga wave



*Stone Seal...Yoga pose?*

## Did you know...

That earliest recognized leaders of yoga were men? Have we come full circle?

# Modern Yoga Stats....

- ❖ 15+ Million Americans Practice Yoga!!!
- ❖ 72.5% Female
- ❖ 40.6% age 18-34
- ❖ 41% age 35-54
- ❖ 18.4% over 55
- ❖ Where?
  - West Coast: 20%
  - Northeast: 30%
  - Midwest: 30%
  - Other Parts 20%

## Did you know...

There has been a 20% average annual increase of people doing some form of yoga in the past 5 years?

Statistic Verification

Source: NAMASTA, YIAS, LiveStrong, Yoga Journal

Date Verified: 7.2.2012

Check with your doctor before you begin DDP Yoga or any regular exercise program.

# Regular Exercise...

**Isometric exercise** or **isometrics** are strength training where the joint angle and muscle length DO NOT change during the contraction.

Isometrics are done in STATIC positions, rather than being dynamic through a range of motion.

In **isotonic** exercise, contraction/tension remains unchanged and the muscle's length changes.

2 types of isotonic contractions:

- ✓ In a concentric contraction, the muscle tension rises to meet the resistance, then remains the same as the muscle shortens.
- ✓ In eccentric, the muscle lengthens due to the resistance being greater than the force the muscle is producing.

Cardiovascular Exercise: increases the work of heart and lungs...oxygen or air to your heart and lungs.

## Did you know...

That BOTH the American College of Sports Medicine and the CDC recommend that adults should accumulate 30 minutes of moderate-intensity physical activity on most days of the week?

# DDP YOGA...What it IS

DDP YOGA is not traditional yoga, it is a “hybrid” workout that incorporates some traditional yoga movements....adding in DDP’s:

- Power Movements
- Dynamic Resistance
- Active Breathing Techniques

Creating a challenging and results oriented workout that ADAPTS to EVERY fitness level.

- ☑ Kick Ass Cardio
- ☑ Increased Flexibility
- ☑ Maximum Core Strength
- ☑ Minimal joint impact

Delivered with DDP’s Tone & ‘Tude!

Visit [DDPYOGA.com](http://DDPYOGA.com) for additional details, testimonials and photos validating DDP YOGA results!

*\*\*DDP YOGA is the evolution of what was formerly the YRG Fitness System, which is best know for what many say is the most dramatic transformation in the health and fitness industry*

## Did you know...

According to the CDC physical activity also helps to–

- Maintain weight.
- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- Reduce arthritis pain and associated disability.
- Reduce risk for osteoporosis and falls.
- Reduce symptoms of depression and anxiety.

# DDP Yoga...What it **DOES**:

DDP YOGA's primary benefits....

- Body Fat Loss
- Lean Muscle Growth & Increased Flexibility
- Improved Cardio Levels

...all without placing undue stress on the joints!

A valid comparison to traditional yoga is they both provide increased flexibility & core strengthening.

DDP YOGA is currently used by professional football players, professional as well as amateur wrestlers, MMA fighters, and everyday people who want to perform at optimum levels and want to place themselves in the best position to see career and life changing results and improve their quality of life.

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*\*\*DDP Yoga is the evolution of what was formerly the YRG Fitness System, which is best know for what many say is the most dramatic transformation in the health and fitness industry*

# What Makes DDP YOGA Different?

DDP YOGA is all about YOUR ENERGY... a fitness system that teaches you how to channel Your Energy and turn it into a powerful tool for personal transformation. As your strength and stamina start to kick up with DDP YOGA, I kick up the intensity of your workouts. That's why this program works for people at every level. Even if you are starting at a low level of fitness, I'll help you build at a pace comfortable for you.

With every DDP YOGA workout, you have the ability to make it your own, by modifying each move to fit your specific needs. I'll show you how to get started and then build on that momentum to re-charge your system to the level you had in your youth... and beyond! DDP YOGA will truly help you hold back the hands of time.

***-"Diamond" Dallas Page***



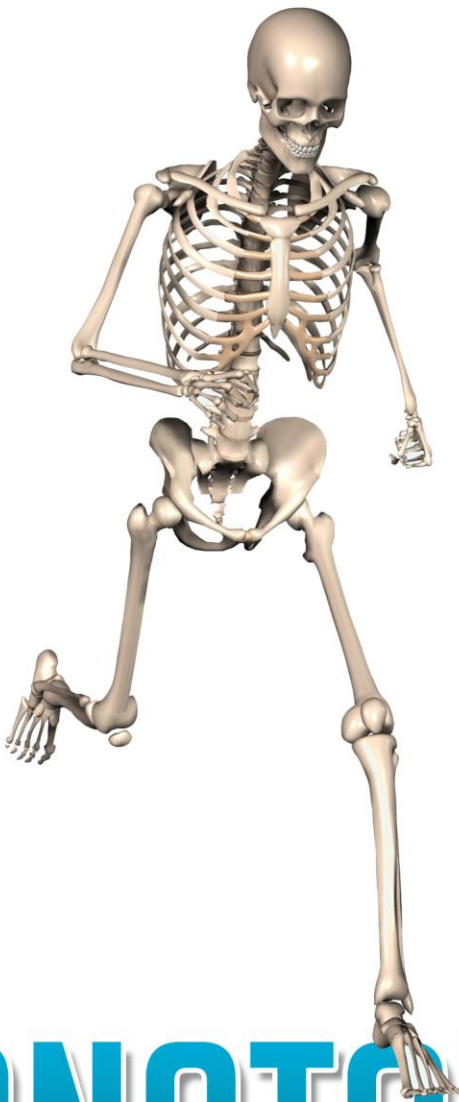
# DDP YOGA is....

DDP YOGA is my own kick-ass combination of old-school calisthenics, rehabilitation principles, basic yoga positions, core strength-training, and slow-motion Dynamic Resistance. Dynamic Resistance teaches you how to engage your muscles in every aspect of the workout by resisting, or pressing against, each move. You add the tension, as though you are moving your arms through clay. This gives you the same results as working on expensive gym equipment. We take standards, like push-ups, squats, and crunches, and turn up the heat by slowing them down into a slow-motion burn and adding Dynamic Resistance to increase your heart rate. - ***"Diamond" Dallas Page***



WHO NEEDS A GYM? This combination gives you an aerobic, no impact workout, and adds strength and endurance to everything you do. You'll strengthen your core from start to finish. You'll sweat your ass off, increase your flexibility, turn fat into lean muscle, and unlock the secret to staying youthful for life.





# ANATOMY BREAKDOWN

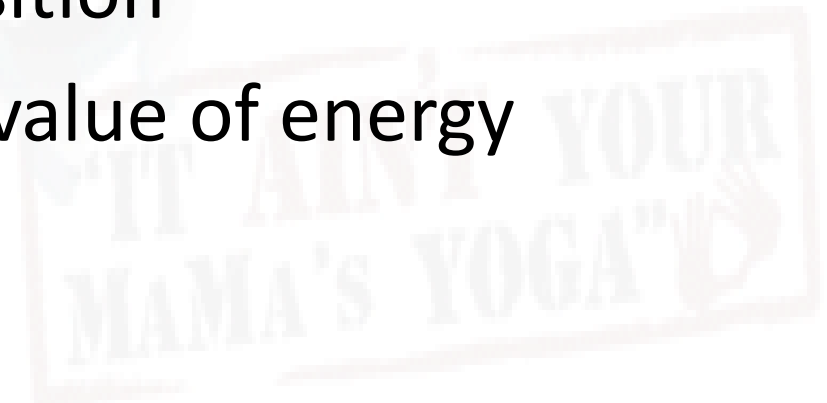
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# Understanding Basics of Anatomy...

Will provide you...

- Better understanding of the body
- Proper way to optimize DDP YOGA positions
- True benefit of each position
- Ability to maximize the value of energy
- How to stay safe
  - and safely guide others



# Anatomy: Body Planes...

**Did you know...**  
DDP YOGA exercises cross  
all 3 body planes!

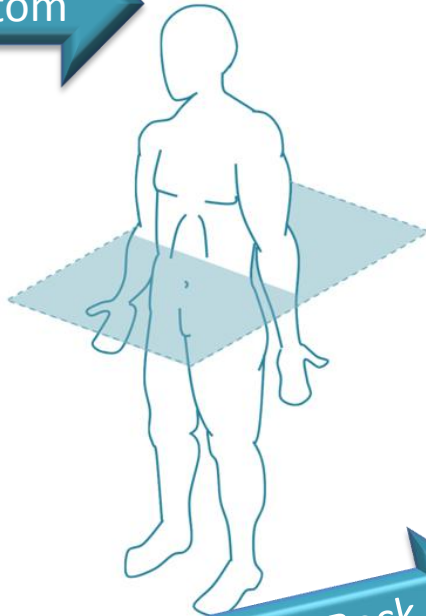
The human body spans across 3 basic planes...or sections

1. Transverse

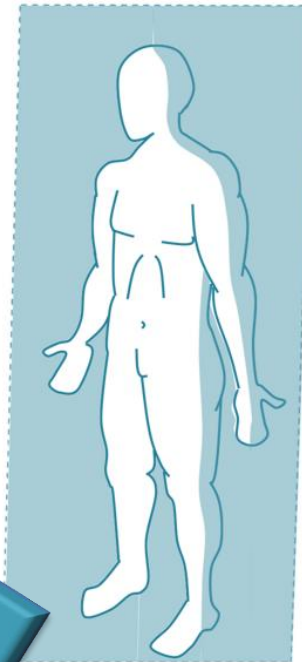
2. Frontal

3. Sagittal

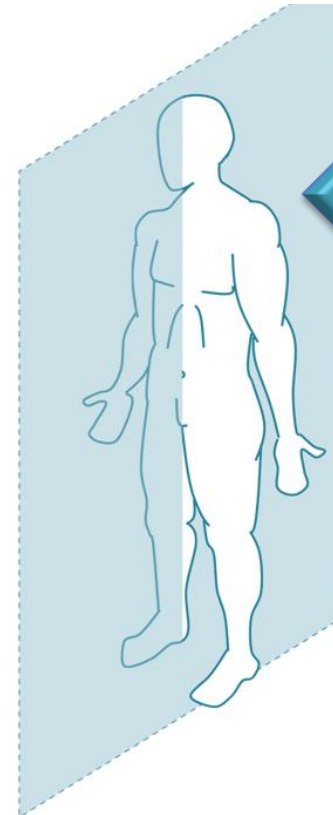
1. Top vs. Bottom



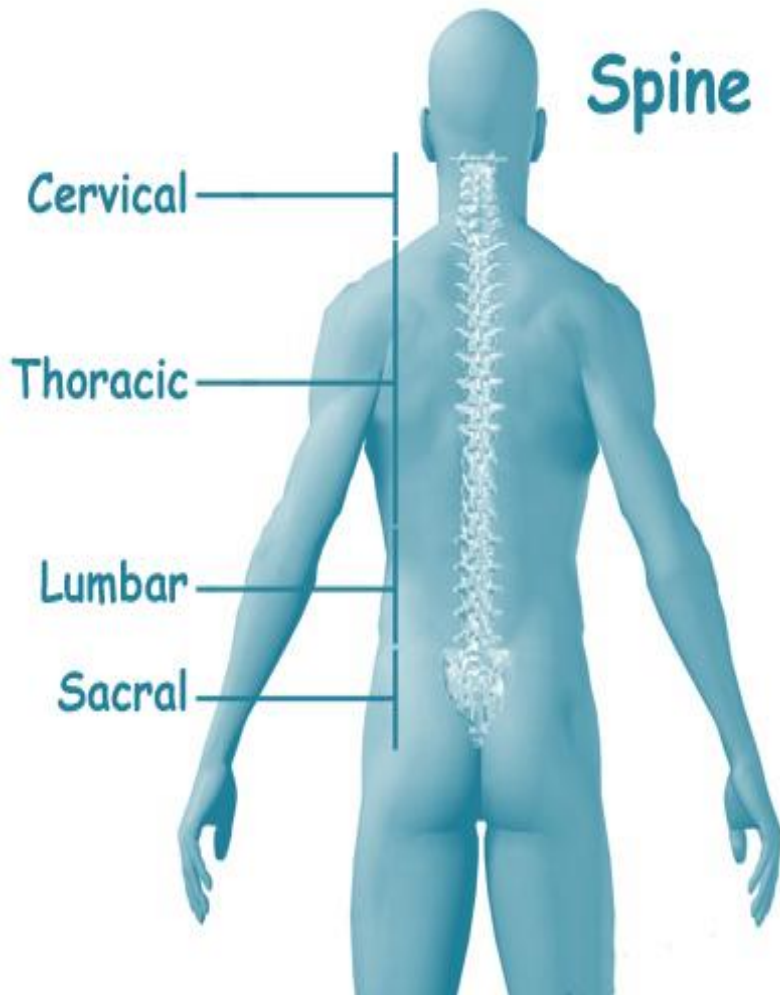
2. Front vs. Back



3. Left vs. Right



# Anatomy: Spine...

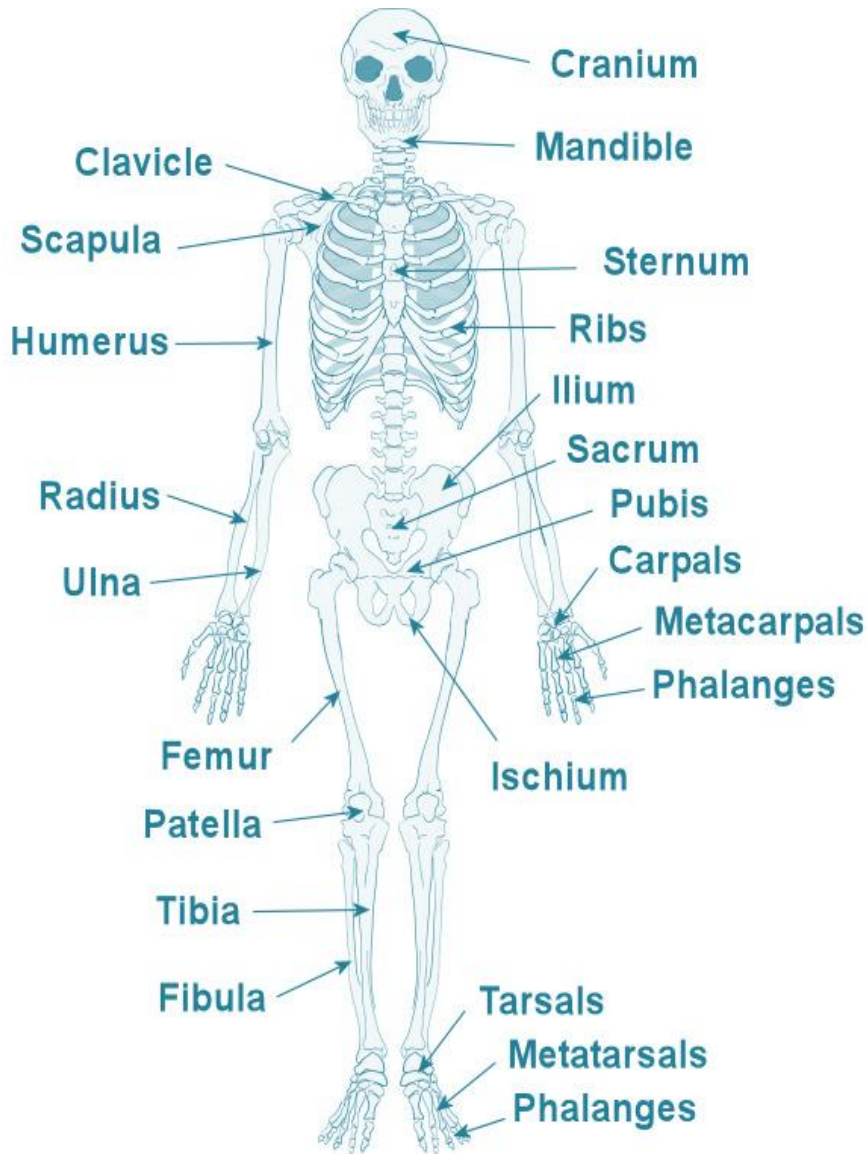


## Did you know...

DDP YOGA exercises strengthen the spine and increase mobility?

Scientific research has shown that exercise can slow the physiological aging clock. Studies have shown that resistance training two or three times a week increases strength by building muscle mass and bone density. Spinal arthritis or Spondyloarthritis is a common form of chronic arthritis among U.S. adults. It can affect the spine at any level including the neck, the upper back, the mid-back, the low back or the sacroiliac joints, and is often associated with physical impairment due to **decreased spinal mobility and can lead to early mortality.**

# Anatomy: Bone



## Did you know...

The thigh bone, or 'femur' is the strongest, heaviest, and longest bone in the human body.

## Webster Says...Bone:

- one of the hard parts of the skeleton of a vertebrate
- any of various hard animal substances or structures (as baleen or ivory) akin to or resembling bone
- the hard largely calcareous connective tissue of which the adult skeleton of most vertebrates is chiefly composed

# Anatomy: Bone & DDP YOGA Benefits

## Benefits of DDP YOGA on Bone:

- Positions are weight-bearing & apply weight systemically to lower and upper body.
- Positions increase in difficulty as they are learned & practices.
- Standing positions that require high muscle engagement & leg strength also strengthen the bones and spine.
- Other forms of exercise may wear out joints, DDP YOGA lubricates the “joints” by increasing circulation, mobility is also increased (as you will note from increased flexibility)
- DDP YOGA also benefits balance and coordination. Agility and flexibility derived from increased range of motion, help maintain balance and reduce risk of falls.

## Did you know...

**DDP YOGA was developed when DDP suffered a cervical spine injury & was told he would never work out again. DDP YOGA provided DDP & MANY others the ability to lead active lives.**

# Anatomy: Bone & DDP YOGA Benefits

- When moving through positions, picture the bones:
  - Serving as the foundation for each pose
  - Muscles, ligaments, tendons overlay
  - Building strength in stability from the ground up
  - Keep “bone lines” and make right angles where possible
    - *(This will be discussed further in the “Alignment” Section)*

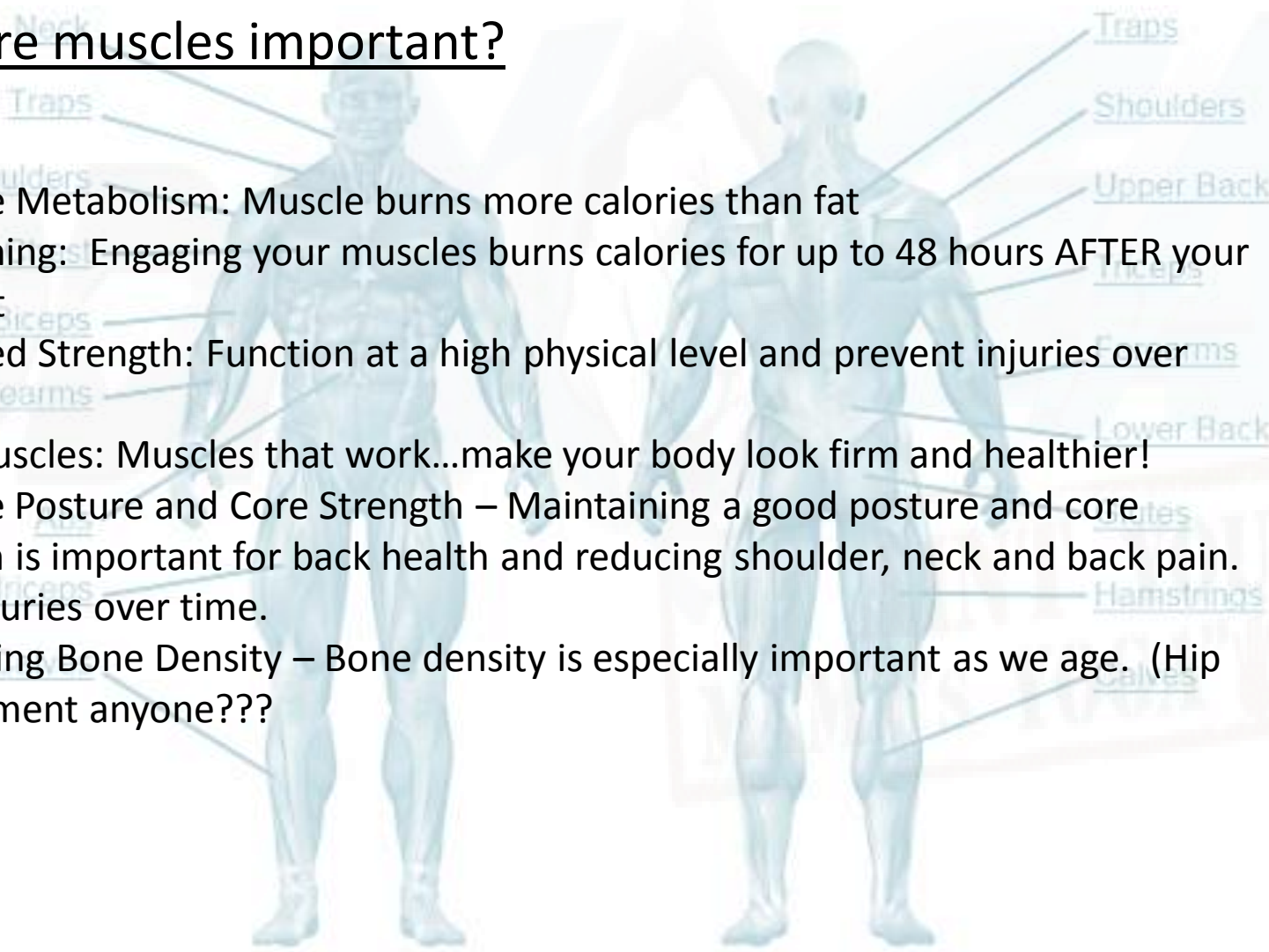




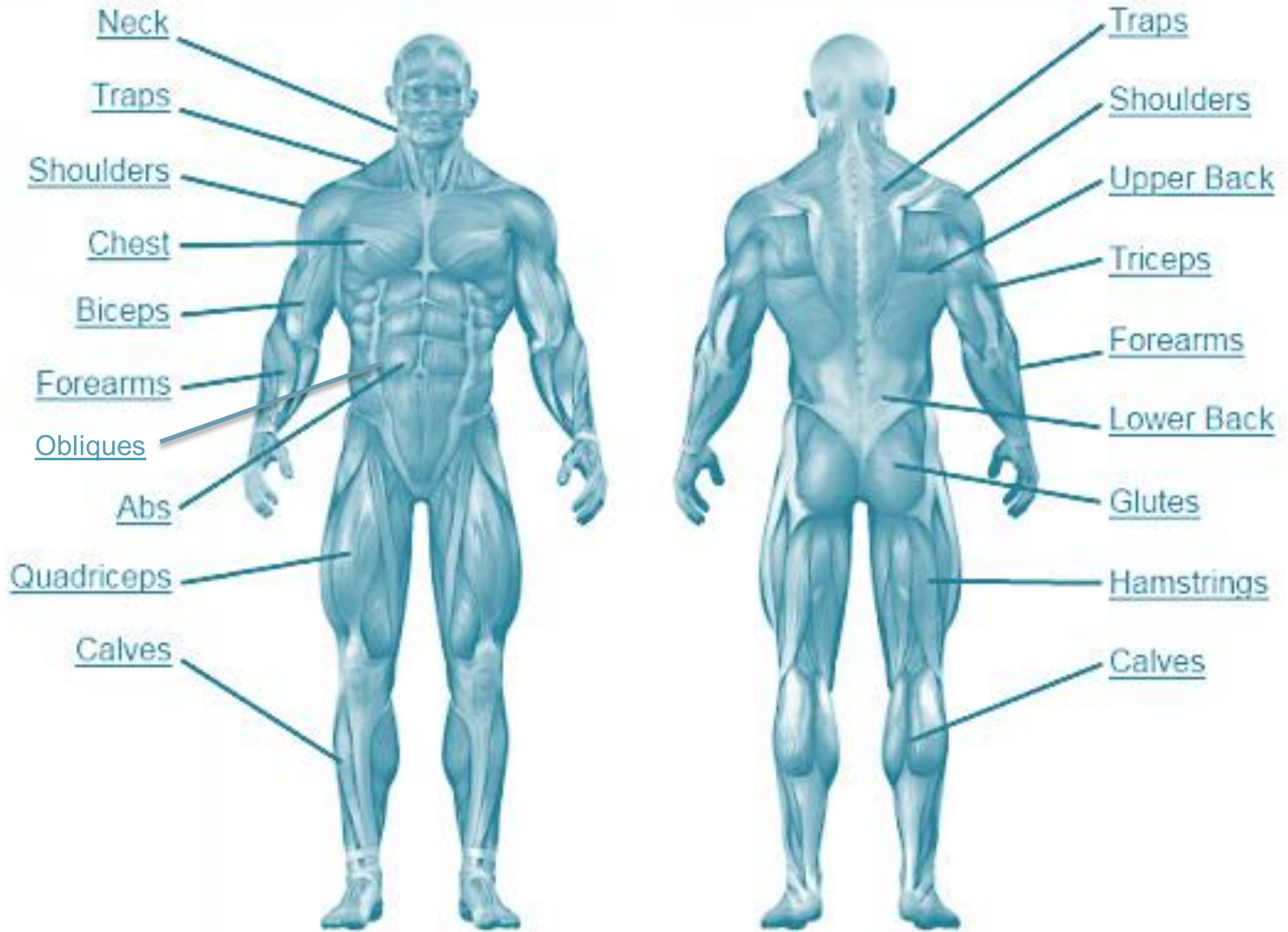
# Anatomy: Muscles

## Why are muscles important?

1. Increase Metabolism: Muscle burns more calories than fat
2. Fat Burning: Engaging your muscles burns calories for up to 48 hours AFTER your workout
3. Increased Strength: Function at a high physical level and prevent injuries over time
4. Tone Muscles: Muscles that work...make your body look firm and healthier!
5. Improve Posture and Core Strength – Maintaining a good posture and core strength is important for back health and reducing shoulder, neck and back pain. –and injuries over time.
6. Increasing Bone Density – Bone density is especially important as we age. (Hip replacement anyone???)



# Anatomy: Muscles





# Anatomy Muscle....

## Overview of Muscles

To better understand what happens in muscles that are affected by spasticity, it is helpful to first understand some key facts about muscles and the nerves that control their movements.

More than 600 muscles, along with the bones, make up the musculoskeletal system.

- The bones provide the structure or support for the body, and the muscles provide the ability to move.
- Muscles are connected to bones by tough cords of tissue called tendons.
- Most muscles reach from one bone to another and usually cross a joint.
- The muscles cause the bones to move in relationship to each other.

Most muscles of the musculoskeletal system work in pairs—called agonists and antagonists. During a movement, the muscle responsible for moving the body part contracts or shortens; this muscle is called the agonist. The antagonist muscle acts against or in opposition to the agonist muscle, stretching when the agonist contracts. The antagonist muscle is responsible for moving the body part back to its original position.

A muscle acts as the agonist in one action and as an antagonist in the opposite action. For example, when bending the elbow and raising the hand toward the shoulder, the biceps muscle contracts and is the agonist; the triceps muscle stretches and is the antagonist. When the movement is reversed and the elbow is extended, the triceps muscle contracts (is the agonist) and the biceps muscle lengthens (is the antagonist).

## Did you know...

Muscle cramps are sudden, involuntary contractions or spasms in one or more of your muscles. They often occur after exercise or at night, lasting a few seconds to several minutes. It is a very common muscle problem.

Muscle cramps can be caused by nerves that malfunction. Sometimes this malfunction is due to a health problem, such as a spinal cord injury or a pinched nerve in the neck or back. Other causes are

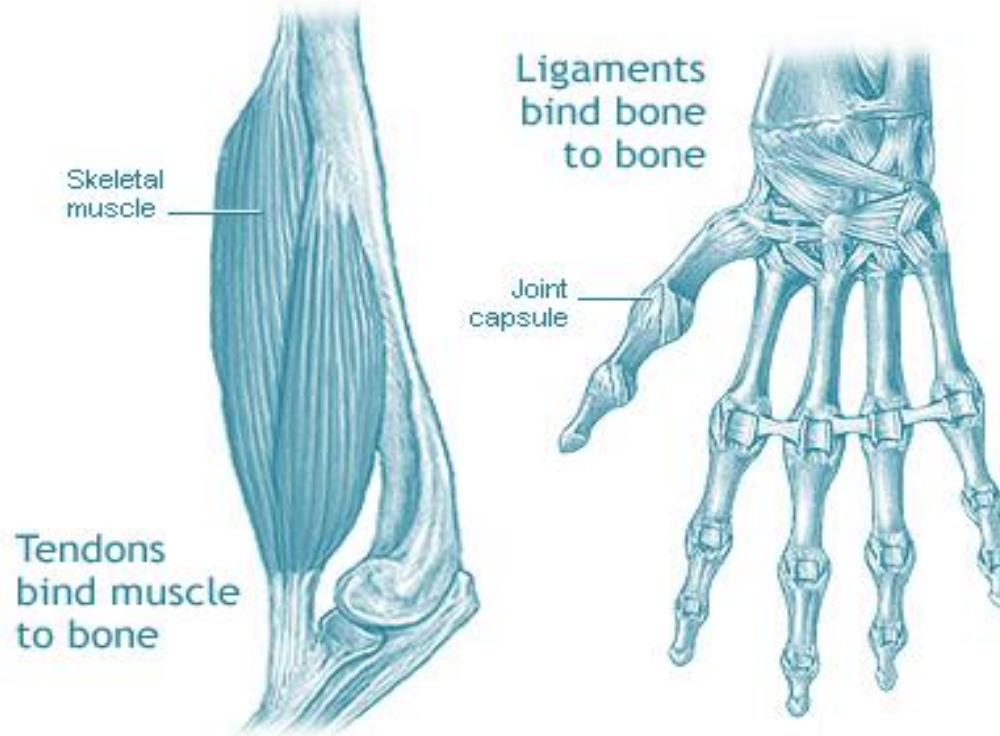
- Straining or overusing a muscle
- Dehydration
- A lack of minerals in your diet or the depletion of minerals in your body
- Not enough blood getting to your muscles

Cramps can be very painful. Stretching or gently massaging the muscle can relieve this pain.

# Ligaments & Tendons

## Ligaments & Tendons are connectors...

- A tendon is a fibrous connective tissue which attaches muscle to bone. Tendons may also attach muscles to structures such as the eyeball. A tendon serves to move the bone or structure.
- A ligament is a fibrous connective tissue which attaches bone to bone, and usually serves to hold structures together and keep them stable.



# Anatomy: Muscle & DDP YOGA Benefits

- **DDP YOGA works the entire body** *In sports such as hockey, tennis or football, you tend to utilize only 10 to 15 per cent of the body, whereas the dynamic resistance of DDP YOGA is a workout that covers every joint, muscle and organ in the entire body. Creating more energy when you finish the exercises as opposed to depleting the body of it. Working every system: cardiovascular, muscular, endocrine—*
- **DDP YOGA Builds Muscle Strength**---*as a by-product of getting stronger, you can expect to see increased muscle tone.*
- **DDP YOGA helps shape long, lean muscles.**---*and DDP YOGA is also one of the best ways to get that lean and ripped look*

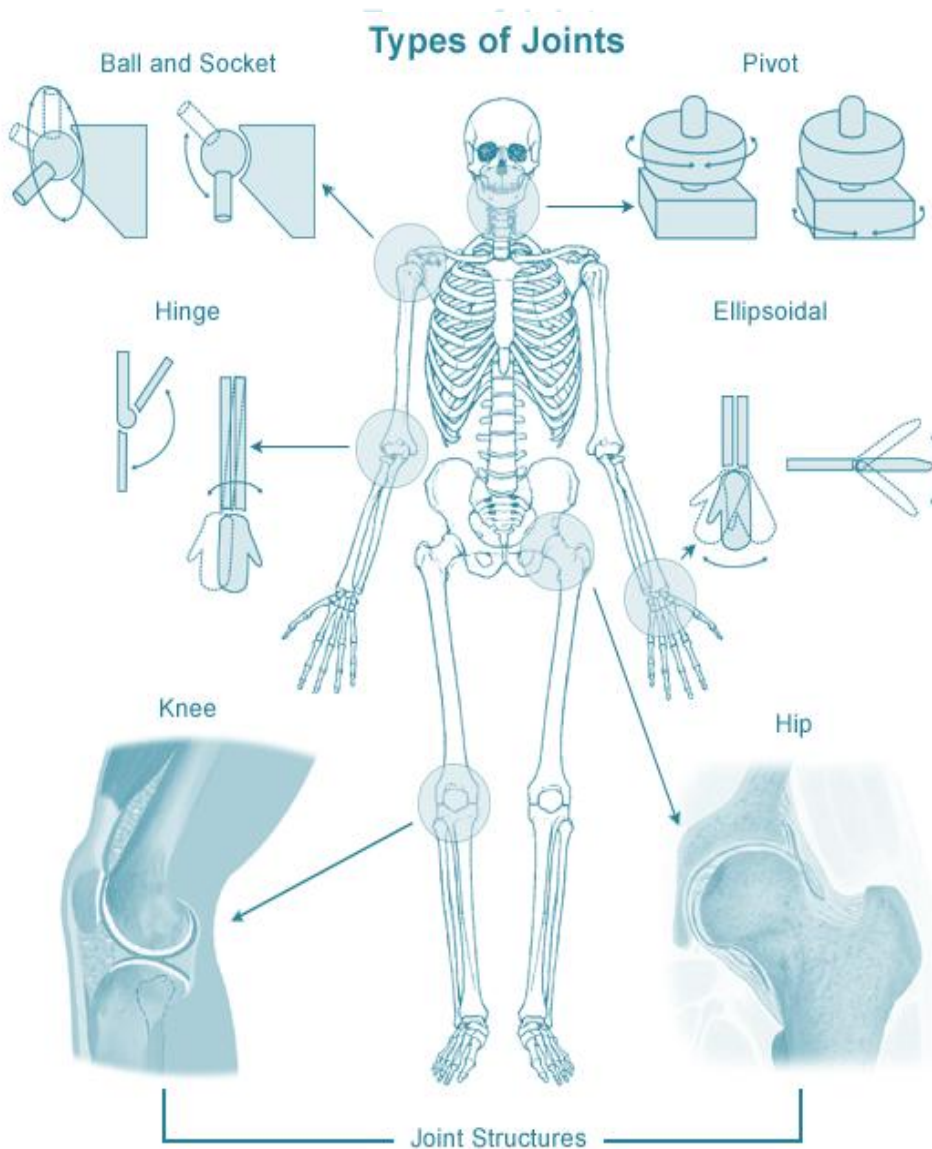
## ACE Yoga Study Findings:

Traditional yoga group participants did show the following improvements vs. traditional exercise group:

- Yoga participants' total body flexibility improved by 13 percent, with significant results in shoulder and trunk flexibility
- Muscular fitness also improved in the yoga group enabling them to do an average of six more push-ups and 14 more curl-ups
- Yoga participants experienced a 17-second increase in their one-legged stand time

**Traditional yoga delivers all of the above....DDP YOGA takes it to the next level!**

# Joints...



## Did you know...

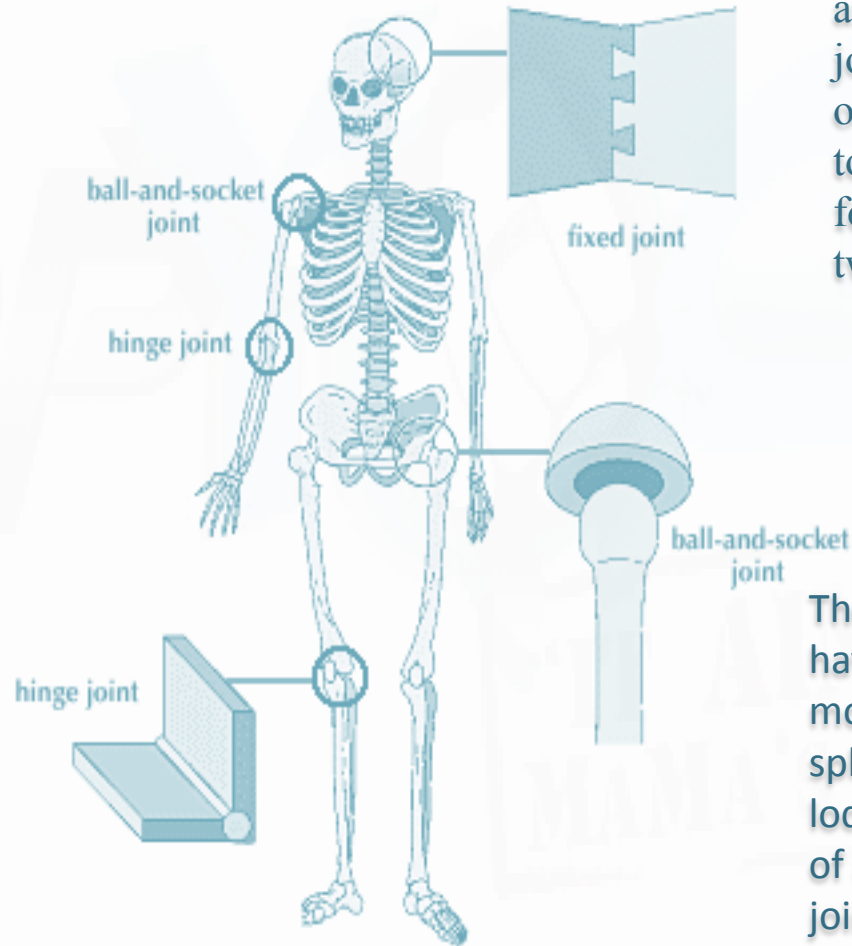
DDP YOGA makes you significantly stronger and increases range of motion in your joints ?

DDP YOGA has a reputation for making you stronger, more flexible and promoting a sense of stability. Strong muscles and mobile joints are essential to keep our bodies from experiencing the effects of aging and, let's face it, they make you look a LOT better too!

# Joints...in detail

A **hinge joint** is the simplest type of joint. It is found in the elbows and the joints of the fingers and toes. Hinge joints allow movement in only one direction.

The hinge joint of the knee, the body's largest joint, is unusual because it can swivel on its axis, allowing the foot to turn from side to side.



**Pivot** joints allow rotation around an axis. The neck and forearms have pivot joints. In the neck the occipital bone spins over the top of the axis. In the forearms the radius and ulna twist around each other.

The **ball-and-socket** joints have the most range of movement by the joints. The spherical head of one bone lodges in the spherical cavity of another. In the shoulder joint, the humerus (upper arm bone) fits into the socket of the shoulder blade.

# Terms Describing: Location & Movement

Term	Description of Location
Anterior	Towards the front of the body (abdomen/chest are in anterior and back is in posterior position)
Posterior	Towards the back of the body (back is in posterior position and abdomen/chest is in anterior position)
Ventral	Towards the front of the torso (towards front of belly/abdomen)
Dorsal	Towards the back of the torso (back)
Medial	Towards the center or midline of the body
Lateral	Away from the midline of the body (to the side)
Inferior	Below – in relation to another structure (feet are inferior to knees)
Superior	Above – in relation to another structure (knees are superior to feet)
Proximal	Nearest the trunk or point of origin
Distal	Situated away from the center or midline of the body or away from the point of origin
Contralateral	Pertaining or relating to the opposite side.
Ipsilateral	On the same side
Transverse	Horizontally across the body



# Terms Describing: Movement (1/2)

Movement	Description	Examples
Flexion	Decreasing the inner angle of the joint	Bending the elbow Dropping the chin to the chest Folding forward (flexion of spine)
Extension	Increasing the inner angle of the joint	Back bend Kicking leg back (hip extension)
Abduction	Moving away from the midline of the body	Lifting leg to the side Lifting arms up from sides into T position
Adduction	Moving towards the midline of the body	Crossing one leg in front of the other Crossing arm in front of torso or behind back
Lateral Flexion	Sidebending (neck/torso)	Dropping ear towards shoulder Crescent Stretch (dropping one hand down same side of body)
Rotation	Rotating or pivoting around a long axis	Twisting along spinal column (seated twist) Turning palms up and down
Circumduction	Circular movement	Arm circles
Dorsiflexion	Flexing the ankle with foot moving upwards	Lifting toes up towards body
Plantarflexion	Flexing the ankle with foot moving downward	Pointing toes

# Terms Describing: Movement (2/2)

Movement	Description	Examples
Pronation	Rotating the forearm with the palm turning inward	Lifting arm then turning arm (like emptying a can of soda)
Supination	Rotating the forearm with the palm turning outward	Lifting arm then turning arm back (turning palms towards ceiling)
Inversion	Turning sole of foot medially (inward)	Turning feet in, turning toes towards each other
Eversion	Turning sole of foot laterally outward	Turning feet out, bringing backs of heels towards each other.
Horizontal Abduction	Move arm in horizontal plane away from the body	Bring arms to shoulder height and pull arms back (opening through chest)
Horizontal Adduction	Moving arm in horizontal plane inwards across body	Crossing arms in front of the chest
Protraction	Draw forward (shoulder)	Round shoulders forward "spreading" back
Retraction	Draw back (shoulders)	Squeezing shoulder blades together

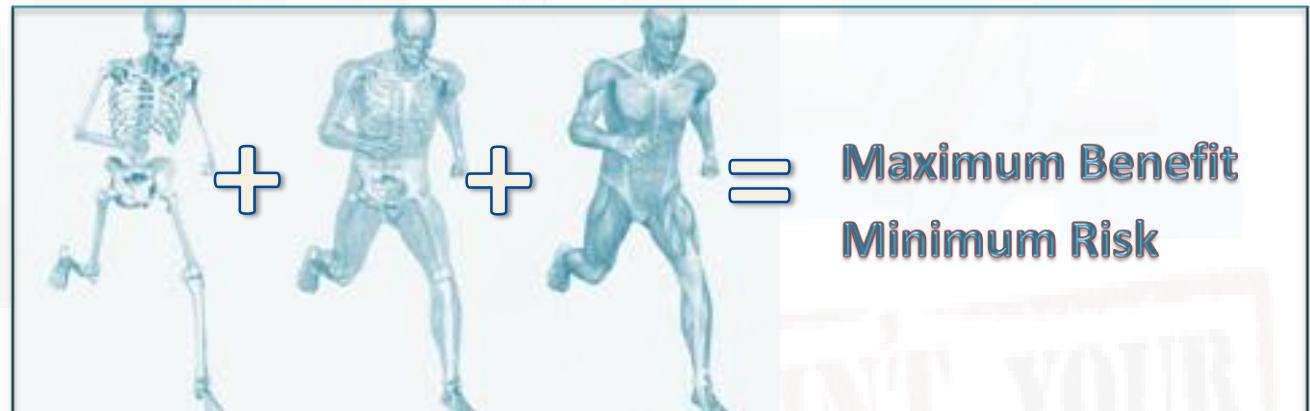


# Bigger Picture...

## Did you know...

DDP YOGA offers maximum benefit to “body layers” with zero negative impact on joints

- Body Layers:
  - Bones
  - Joints
  - Muscle
  - Connectors
    - Tendons
    - Ligaments
- Internal Functionality:
  - Breathing
  - Circulation
  - Nutrition





# ALIGNMENT: BREAKDOWN

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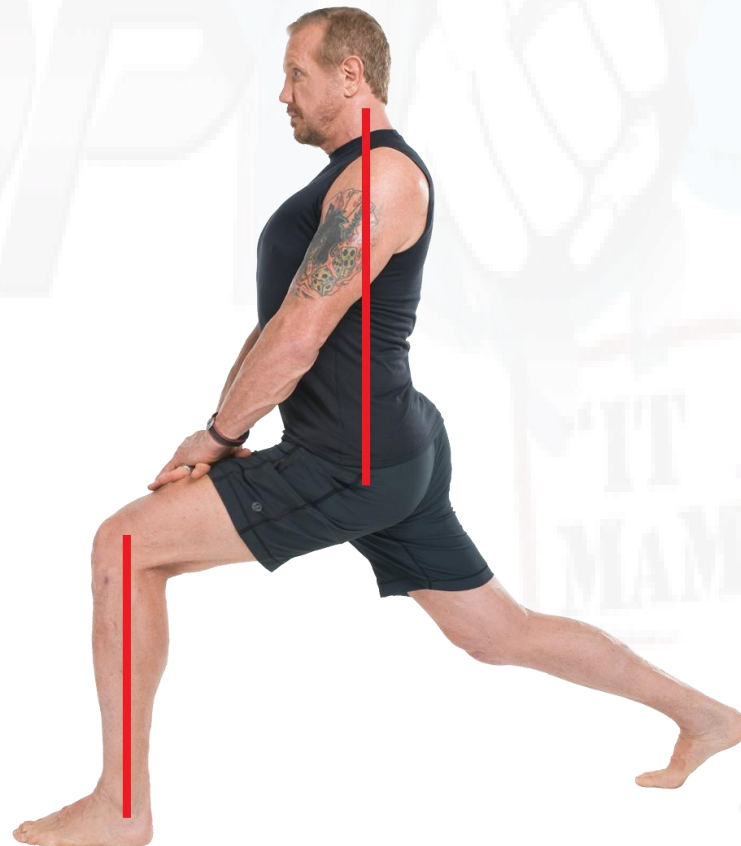
# Alignment: Basics

- Strong foundation rooted into the ground
- Stack joints means to line them up in a single plane.
- Create right angles (90°) where possible, ensures joints hinge in their intended direction

## Did you know...

Stacking your joints significantly reduces pressure?.

Red Zones:  
Neck, Lower Back  
& Knees require  
extra attention



Strong foundation

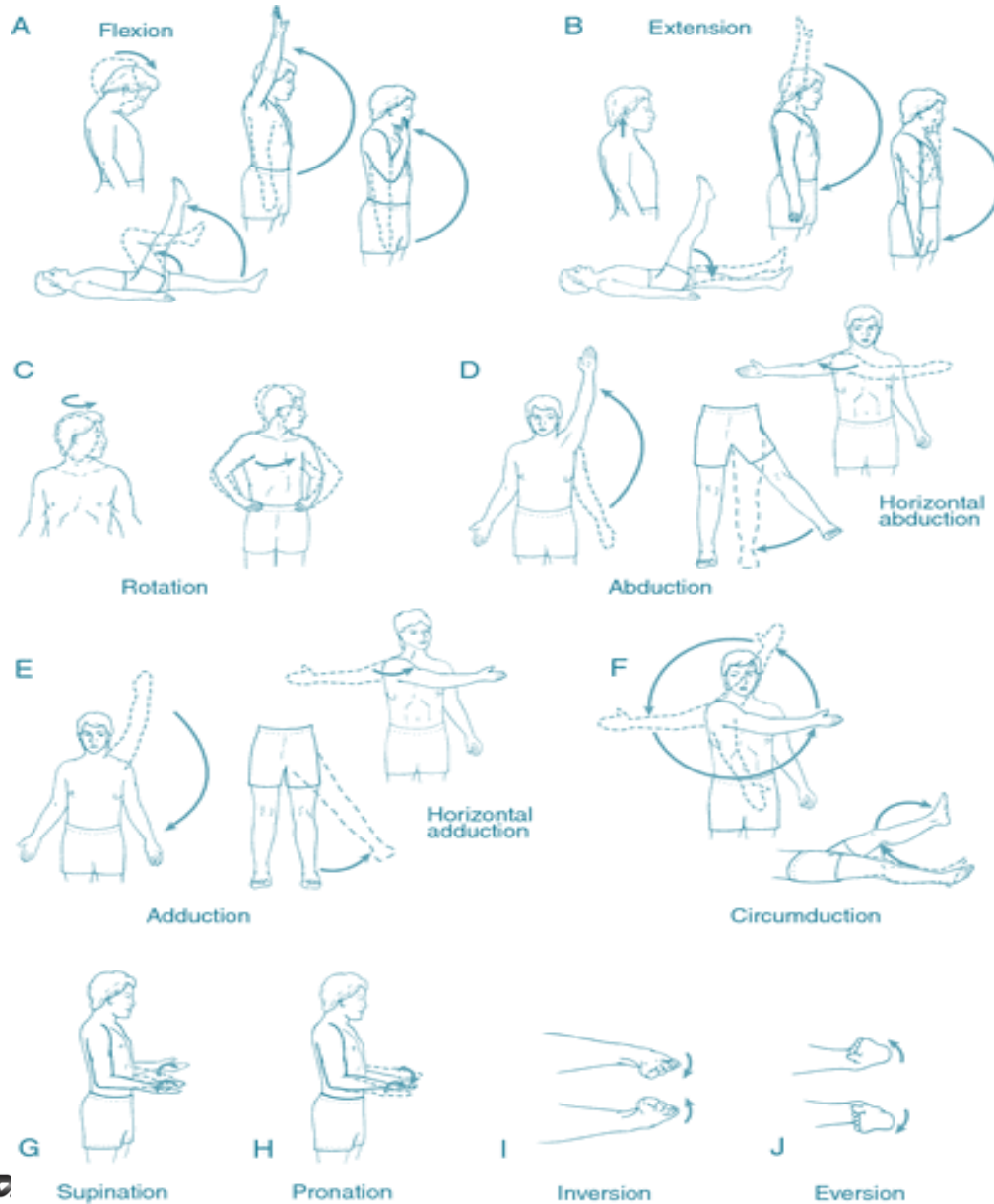
# Alignment Application: Horizontal

Fully extend into “Range of Motion” in order to maximize lengthening—extend across plane. Keep from “locking out joints” to reduce risk of pressure to joints.



Range of motion is often different from exercise range of motion, be sure that you know the proper limits for the best results, and to prevent injury.

# Alignment Application: Range of Motion



**Range of Motion (ROM):** the range, measured in degrees of a circle, through which a joint can be extended and flexed.

Examples of range of motion exercises;

**A. Flexion:** The bending of a joint.

**B. Extension:** A movement opposite to flexion in which a joint is in a straight position.

**C. Rotation:** Pivoting a body part around its axis, as in shaking the head.

**D. Abduction:** A movement of a limb away from the median plane of the body; the fingers are abducted by spreading them apart.

**E. Adduction:** Moving toward the midline of the body or to the central axis of a limb.

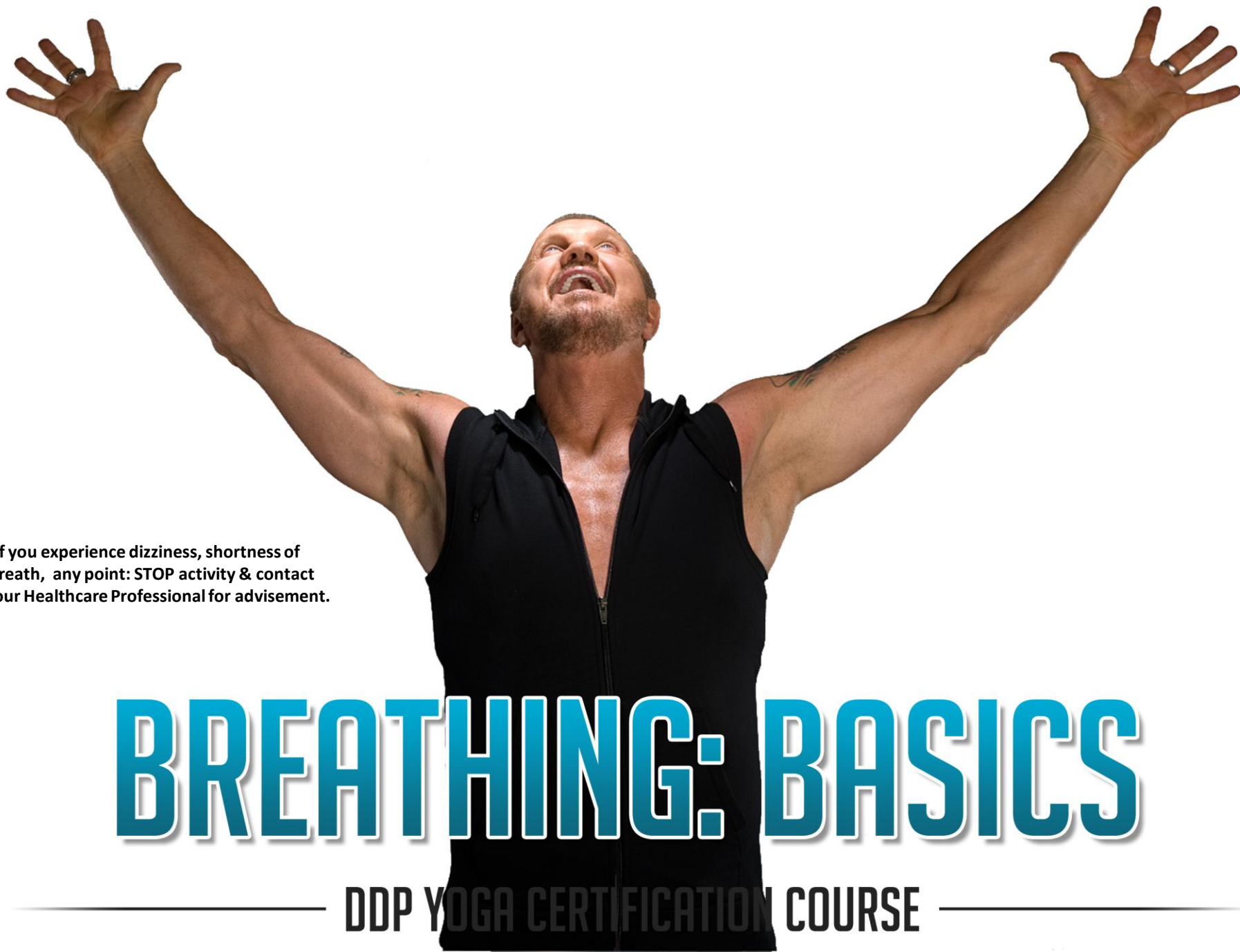
**F. Circumduction:** A combination of movements that cause a body part to move in a circular fashion.

**G. Supination:** Extension of the forearm to bring the palm of the hand upward.

**H. Pronation:** Movement of the forearm in the extended position that brings the palm of the hand to a downward position.

**I. Inversion:** Movement of the ankle to turn the sole of the foot medially.

**J. Eversion:** Movement of the sole of the foot laterally.



**\*If you experience dizziness, shortness of breath, any point: STOP activity & contact your Healthcare Professional for advisement.**

# BREATHING: BASICS

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**DDP YOGA CERTIFICATION COURSE**

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# DDP on Breath: Principles

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.

Breathing correctly is not only important for losing fat and fueling muscle energy, it is the key to life itself! -"**Diamond**" Dallas Page



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# DDP on Breath: Basics

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. Breathing correctly is not only important for losing fat and fueling muscle energy, it is the key to life itself!

DDP YOGA incorporates diaphragmatic breathing (or “belly breathing”). As you breathe in, fill your stomach/diaphragm with air until it blows up like a balloon. Then take a long exhale and push the air out as you press your bellybutton to the back of your spine. Many of us naturally breathe in just the opposite way... we breathe in and pull our stomachs up under our rib cage, then when we breathe out we press our tummies out full. How do we fix it? We have to re-learn how to breathe. This is how we all began breathing as babies. With a little concentration, we can get back to diaphragmatic breathing and hold back the hands of time! Breathe in and blow up that balloon, then exhale and press all the air out. Each proper breath fuels your muscles as you exercise, and helps you push through each move for maximum benefit.

You will learn all of this in the DDP YOGA DVD series. This is also reinforced within the DDP Certification Programs and DDP Workshops.

***-"Diamond" Dallas Page***

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Check with your doctor before you begin DDP Yoga or any regular exercise program.



# DDP on Breath: Breathing Exercise

## DDP's Breathing Exercise:

*(Practice with DDP via DDP YOGA DVDs)*

- Begin by laying on your back
- Knees bent
- Place hands on your belly
- Breathe in for a count of three, expanding your belly / diaphragm,
- Exhaling, pulling your belly towards the back of your spine for three.
- Repeat.
- Breathe in for five, out for five.
- Repeat.
- Repeat (In for ten. Out for ten and so on)

### Did you know...

DDP can breathe out for 60-70 seconds & in for 60-70 seconds? (\*Note: This required practice, practice & more practice. This level of control does not happen overnight.)

*\*DDP recommends you practice this breathing exercise daily!*

\*If you experience dizziness, shortness of breath, any point: STOP activity & contact your Healthcare Professional for advisement.

# DDP on Breath: Science

## Improving Blood Oxygen Levels

Your body has to work to keep your blood oxygen levels up during exercise, there's a good chance that you may have some trouble breathing normally if you've just started a workout routine. To prevent your body from having low blood oxygen levels normally, you need to fight through your early workouts to get yourself back into shape. One reason people are so sore when they work out for the first time is that their blood oxygen levels are low during exercise and, as a result, the body doesn't get the oxygen it needs. To improve your blood oxygen levels, continue to work out to get your body used to exercising more often.

Understanding your blood oxygen levels is not only helpful to those who exercise. 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.

Breathing correctly is not only important for losing fat and fueling muscle energy, it is the key to life itself!

***-"Diamond" Dallas Page***

## Did you know...

### Exercise increases blood flow by roughly 25%?

When you engage in exercise and accelerate your heart rate, you experience a roughly 25 percent increase in the flow of blood through your vertebral and internal carotid arteries, according to an October 2007 study detailed in the "Journal of Applied Physiology." Initially, the researchers conducting the study thought that the perceived increases might just be a result of fluctuations in the diameter of these arteries. However, blood vessel diameter appears to remain stable during exercise, and the researchers concluded that an exercise-related increase in blood flow actually does occur.

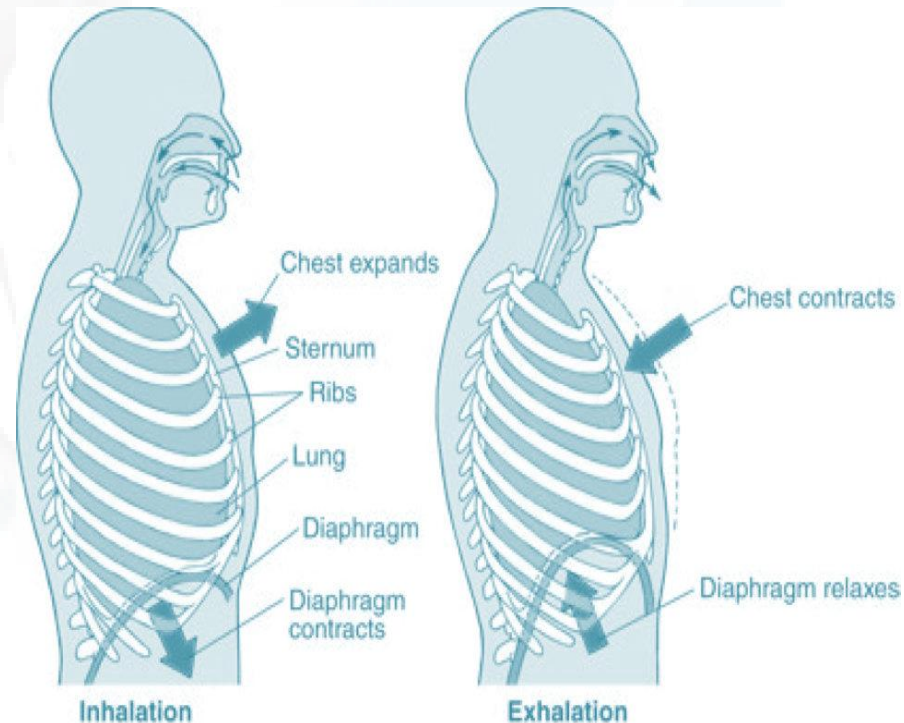
**\*If you experience dizziness, shortness of breath, any point: STOP activity & contact your Healthcare Professional for advisement.**

# DDP on Breath: Basics

With DDP YOGA we practice diaphragmatic breathing (we call it “belly breathing”). As you breathe in, fill your stomach/diaphragm with air until it blows up like a balloon. Then take a long exhale and push the air out as you press your bellybutton to the back of your spine.

Many of us naturally breathe in just the opposite way... we breathe in and pull our stomachs up under our rib cage, then when we breathe out we press our tummies out full. How do we fix it? We have to re-learn how to breathe. This is how we all began breathing as babies.

With a little concentration, we can get back to diaphragmatic breathing and hold back the hands of time! Breathe in and blow up that balloon, then exhale and press all the air out. Each proper breath fuels your muscles as you exercise, and helps you push through each move for maximum benefit. You will learn all of this in the DDP YOGA DVD series.



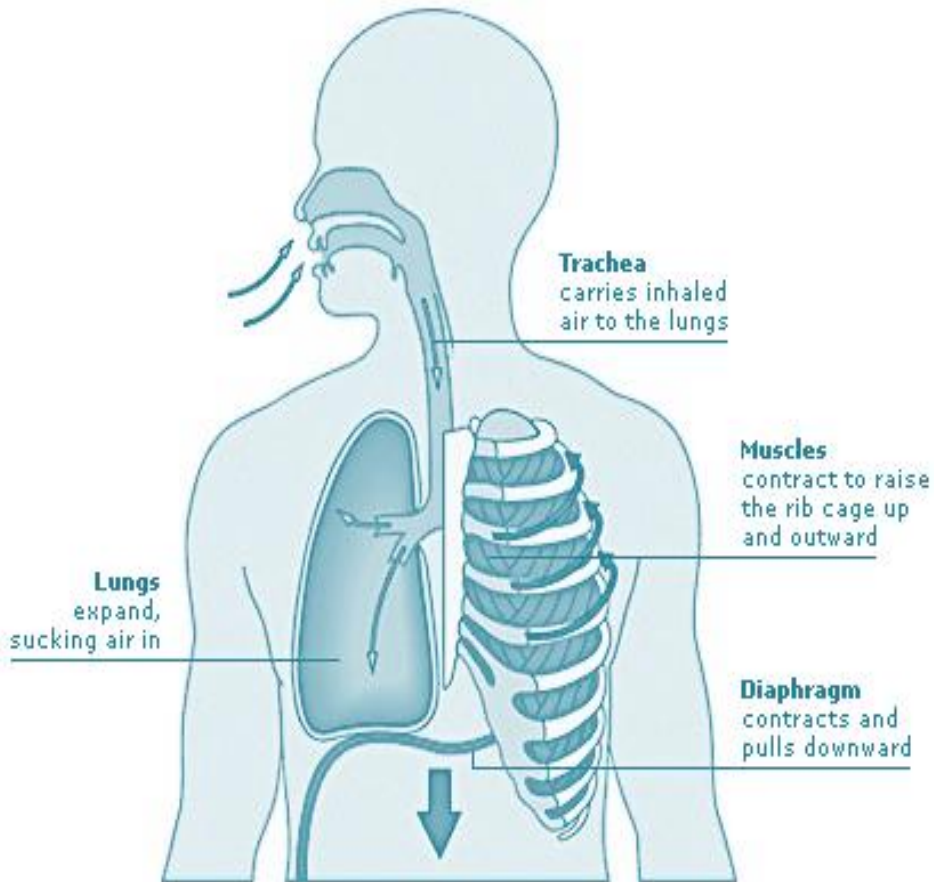
**\*If you experience dizziness, shortness of breath, any point: STOP activity & contact your Healthcare Professional for advisement.**



Source: NHLBI.NIH.gov, American Heart Association, [thirdage.com](http://thirdage.com)

Check with your doctor before you begin DDP Yoga or any regular exercise program.

# Inhale...



To inhale, the intercostal muscles contract, and the diaphragm moves down, making the chest expand. Air is sucked into the lungs, because the pressure in the airways is less than it is outside.

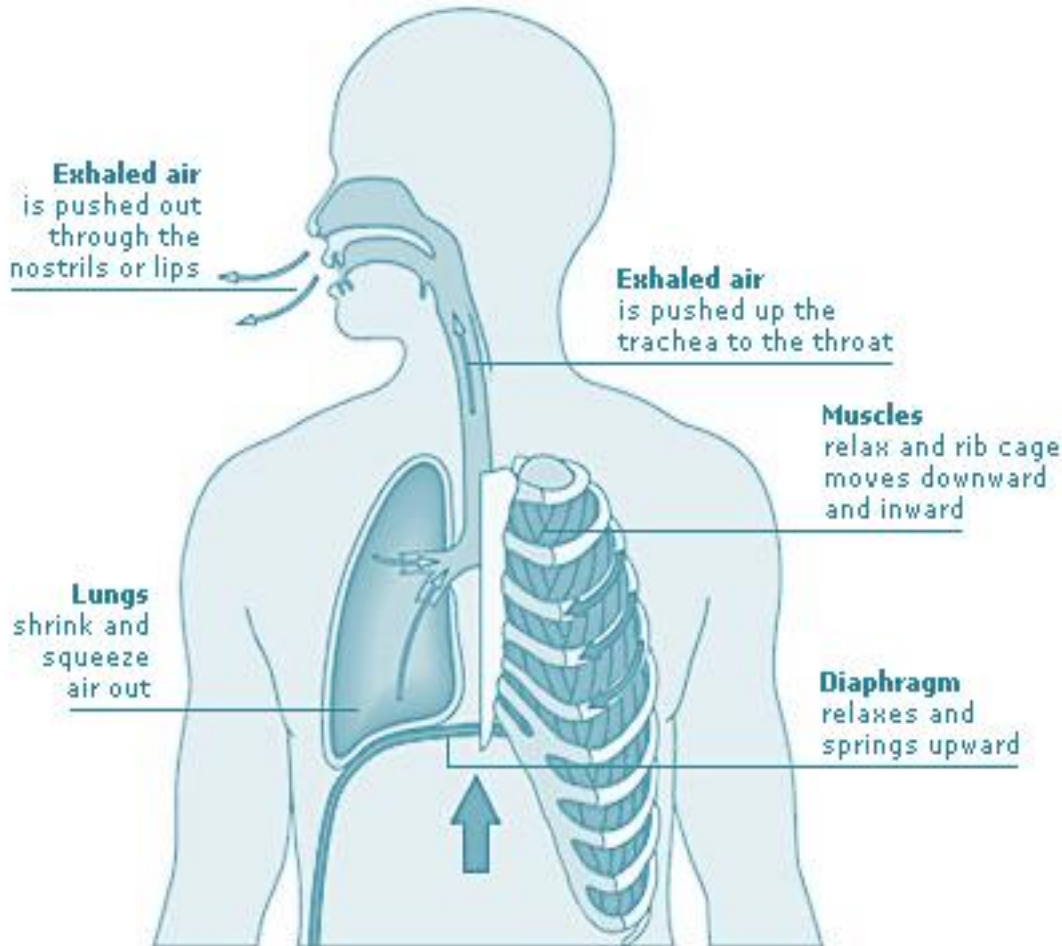
Taking a breath in initiates...  
**GAS EXCHANGE**, where oxygen is one of several gases that goes from the air, into your lungs via the breathing process.

## Did you know...

**DDP recommends...** setting breathing goals. Take deep breaths...like you are blowing up a balloon...and start counting to a goal...*inhale 1-2-3-4-5*  
*ad exhale 5-4-3-2-1*

\*If you experience dizziness, shortness of breath, any point: STOP activity & contact your Healthcare Professional for advisement.

# Exhale....



When the intercostal muscles and diaphragm relax, we exhale. The ribs fall downward and inward, and the diaphragm springs back into a dome shape, gently squeezing the lungs and pushing air out.

## How are arteries and veins different?

Arteries carry blood away from the heart, while veins bring it back. Arteries have thicker walls than veins, to withstand the force of the blood pumping directly out of the heart.

## Did you know...

**DDP 's breathing goals** allow you to **CONTROL** your energy...intensify or reduce your output.

**\*If you experience dizziness, shortness of breath, any point: STOP activity & contact your Healthcare Professional for advisement.**

# DDP's Breathing Philosophy...

## Controlling your breath is the key to life!

YOU control how you...

- React
- Adapt
- Take action

...with YOUR breath

### Did you know...

**DDP recommends...**

Breathe in for a count of three, expanding your belly / diaphragm, then exhaling, pulling your belly towards the back of your spine for three. Repeat. Now breathe in for five, out for five. Repeat. Repeat. In for ten. Out for ten and so on.

*\*laying on your back, knees bent, hands on your belly*

**\*If you experience dizziness, shortness of breath, any point: STOP activity & contact your Healthcare Professional for advisement.**



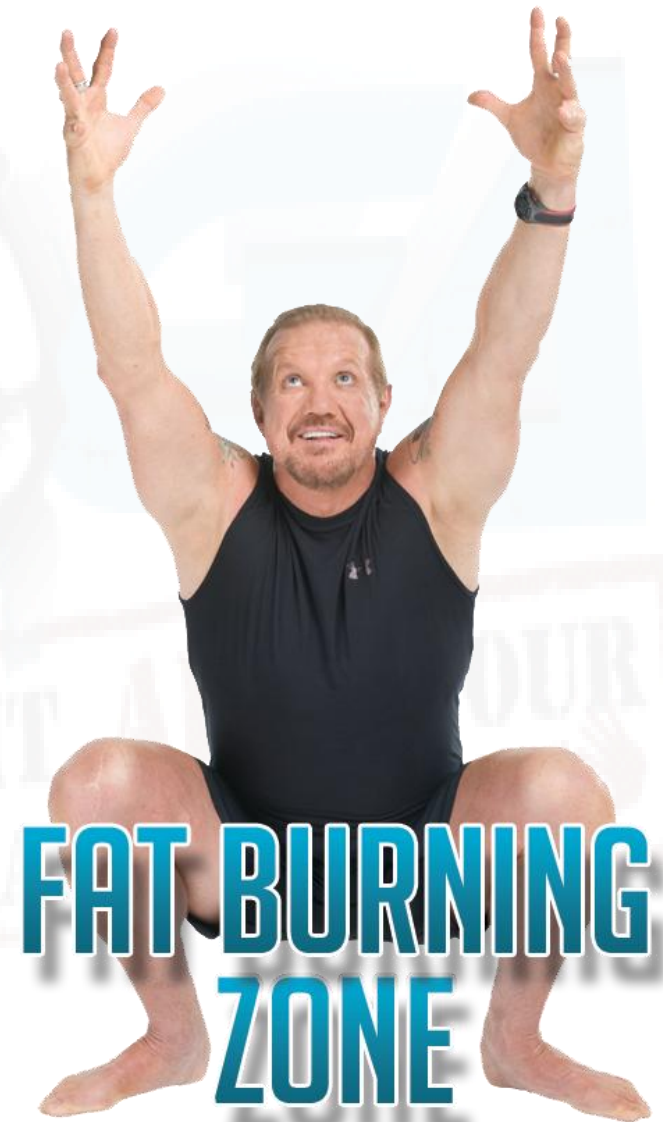
# DDP's Fat Burning Zone...

Most of us think the harder we work, the better results we'll see... not true when it comes to exercise! Working smarter is more important than working harder.

Wearing a heart rate monitor will let you know exactly how much effort you need to burn fat rather than muscle. What we want to find is your target Fat Burning Zone. This zone tells you just how much effort to exert to achieve the best DDP YOGA results.

Calculating your Fat Burning Zone is simple. Subtract your age from 180. For a 40 year old, your maximum heart rate would be 140. Now to find your range, subtract another 20. So for a 40 year old, the Fat Burning Zone is between 120-140 beats per minute.

***-"Diamond" Dallas Page***



# DDP's Fat Burning Zone...Applied

## DDP Recommends...

You MUST invest in a heart rate monitor. Wear your heart rate monitor during all DDP YOGA workouts. It's not only your guide, it's your speedometer and your RPM gauge!

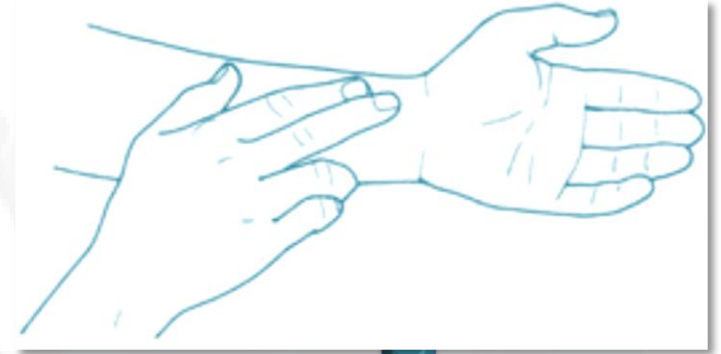
*(These may be purchased for under \$50 at [DDPYOGA.com](http://DDPYOGA.com))*

## DDP Yoga Fat Burning Zone

$180 - (\text{Your Age}) = \text{Top of Range}$

$\text{Top of Range} - 20 = \text{Bottom of Range}$

The heart rate monitor or “watch” goes on your wrist and tells you how many times your heart is beating per minute. Check it frequently. If you are not at your minimum, ramp it up! Engage those muscles and add more Dynamic Resistance. And if you're over your maximum, take it down a notch. Stop engaging in Dynamic Resistance, or go into Safety Zone.



## Did you know...

To determine heart rate, feel the beats at a pulse point like the inside of the wrist for 10 seconds & multiply this number by six. This is the per-minute total

# DDP Yoga: Adapts...to every level

## **DDP YOGA ADAPTS to every fitness level.**

Remember, we start with the energy you have and build from there. Ever hear the story of the 600 pound man who decided to lose weight once and for all? He couldn't even get out of bed, so how could he exercise? He started by clapping his hands together. He didn't think about what he COULDN'T do... he started with what he COULD do! And it worked. He started burning calories and increasing his metabolism. Along with a whole lot of hard work, and better eating habits, he got his life back.

DDP YOGA, encourages beginning at your own pace. Your level of commitment will launch to the next level and from there the only limitation is what you place on yourself. Extraordinary results are yours for the taking!

***-"Diamond" Dallas Page***

# The Blueprint: DDP Diamond Dozen:

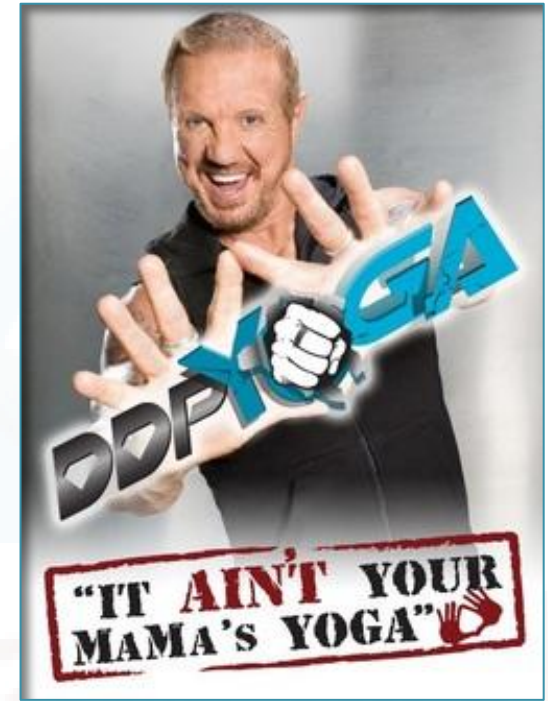
The DDP YOGA Diamond Dozen:.

- The “Blueprint” of every DDP YOGA workout.
- Made of up 13 key moves (a “bakers dozen”)
- Dynamic Resistance:
  - Your tool to jack up your heart rate
  - Reach your fat burning potential
  - Tone & sculpt your body with lean, chiseled muscles.

At any point in the DDP YOGA Fitness System, if you feel you are not getting the positions correct, or if you are not in your target heart rate zone, refer back to the Diamond Dozen

# THE DDP Diamond Dozen

- ❖ #1 Ignition Into Touchdown
- ❖ #2 Diamond Cutter
- ❖ #3 Bar Back (Bent Leg & Straight Leg)
- ❖ #4 Catcher Into Thunderbolt
- ❖ #5 Cobra into Downdog
- ❖ #6 Slow Burn Push-ups
- ❖ #7 Table into Cat Stretch into Broken Table
- ❖ #8 Supported Lunge into Space Shuttle
- ❖ #9 Road Warrior 1& 2
- ❖ #10 Dynamic Resistance Cables into Dynamic Resistance Curls
- ❖ #11 Dynamic Resistance Rows
- ❖ #12 Punches
- ❖ #13 Safety Zone



# #1 Ignition Into Touchdown

Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)

What Body Parts are working:

How:

Breath cycle:

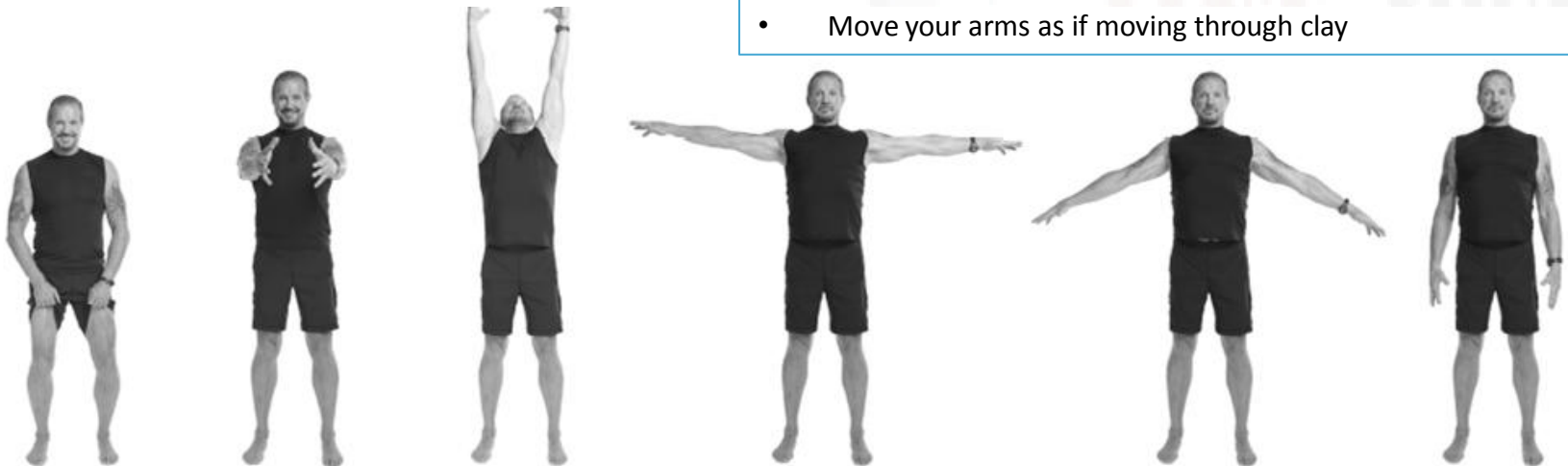
Benefits of this exercise:

Cues:

Notes:

## DDP Cues:

- Feet hip distance apart
- Flex your quads, flex your glutes, grab the ball
- Reach for the sky, Touchdown
- Create your own resistance as you move from one position to another.
- Move your arms as if moving through clay



Check with your doctor before you begin DDP Yoga or any regular exercise program.



# #2 Diamond Cutter

Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)

What Body Parts are working:

How:

Breath cycle:

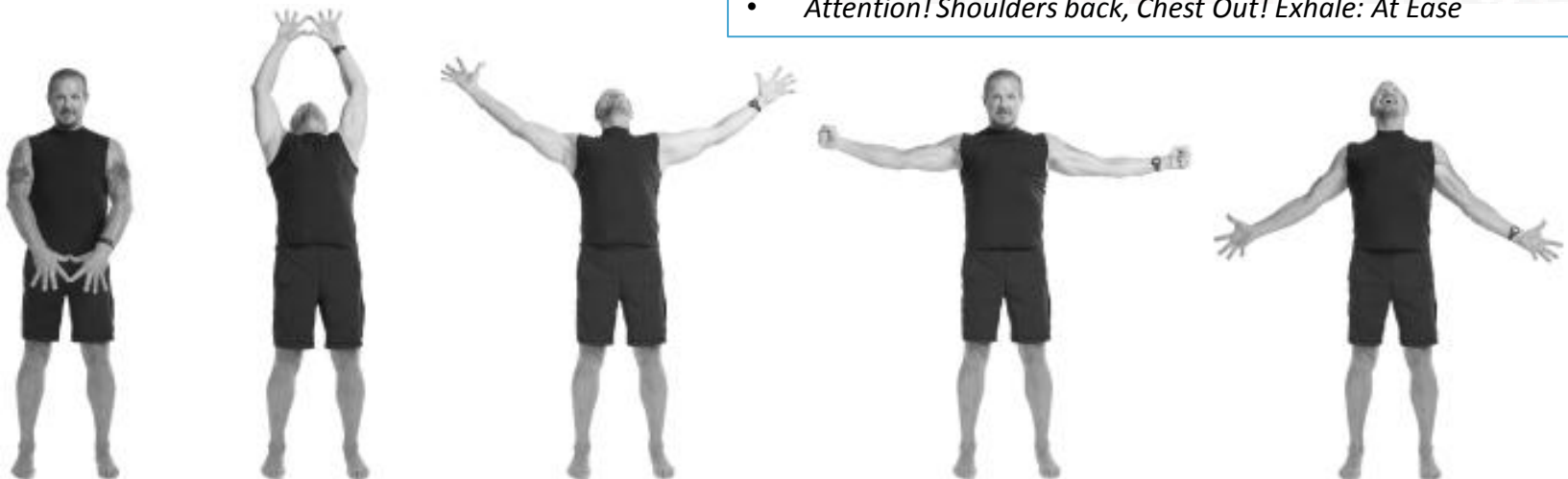
Benefits of this exercise:

Cues:

Notes:

## **DDP Cues:**

- *Flex your quads, flex your glutes, press your thumb and index fingers together, then pull your pinkies away from each other.*
- *Inhale back into Diamond Cutter.*
- *Bring your arms out to a "T"!*
- *Exhale, Clench your fists, Hulk it up*
- *Attention! Shoulders back, Chest Out! Exhale: At Ease*



# #3 Bar Back (Bent Leg & Straight Leg)

Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)

What Body Parts are working:

How:

Breath cycle:

Benefits of this exercise:

Cues:

Notes:



## **DDP Cues:**

- Huddle Up
- Hands on Knees, Elbows In, Tuck Your Chin, Flat Back
- Deep Breath In (lift torso), Exhale Fold Forward
- Repeat
- (Same Call for Straight Legged Bar Back)

# #4 Catcher Into Thunderbolt

Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)

What Body Parts are working:

How:

Breath cycle:

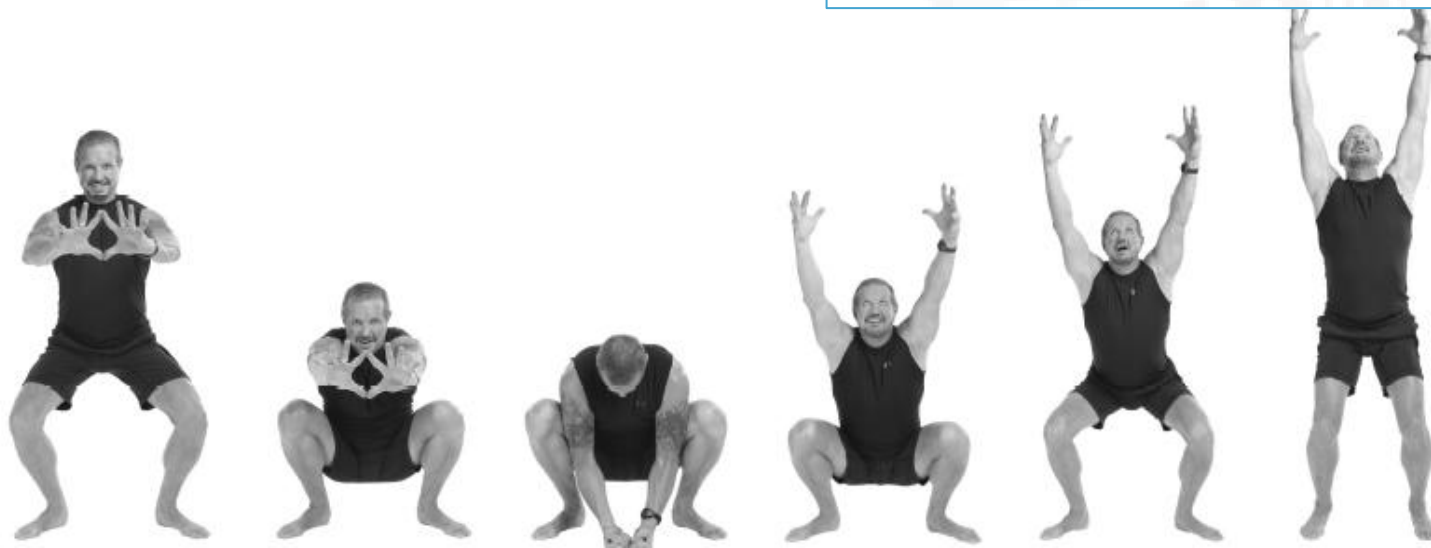
Benefits of this exercise:

Cues:

Notes:

#### DDP Cues:

- Inhale, Point Toes & Knees Out, Fist into your hand
- Exhale, push your thumb & index fingers together; Squat & Drop into Catcher
- Inhale Reach! Exhale Count it out as you Rise, (ex. 3-2-1)
- Inhale Fist to your hand and Repeat
- Continue counting up (ex. 3-2-2; 3-2-3, etc.)



# #5 Cobra into Downdog

*Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)*

What Body Parts are working:

How:

Breath cycle:

Benefits of this exercise:

Cues:

Notes:

## **DDP Cues:**

1. Feet flat, palms flat, glutes loose
2. Inhale into Cobra
3. Exhale, Drop your head, curl your toes, lift your glutes
4. Additional Qs: Exhale, Bend your knees, look up, step or Pounce into Huddle Up



# #6 Slow Burn Push-ups

Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)

What Body Parts are working:

How:

Breath cycle:

Benefits of this exercise:

Cues:

Notes:

## DDP Cues:

- Hands under shoulders, Tuck your tailbone, push your heels back
- Lower for a count of (3, 5, or 10) down into Crocodile and hold for (3, 5, or 10)
- Come Up with Control for (3, 5, or 10)
- Counting up (ex. 5, 4, 3, 2, 2)
- (5, 4, 3, 2, 3), etc.



# #7 Table into Cat Stretch into Broken Table

Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)

What Body Parts are working:

How:

Breath cycle:

Benefits of this exercise:

Cues:

Notes:

### DDP Cues:

- Hands underneath your shoulders, knees underneath your hips.
- Inhale into Cat Lift, Lift your head, Roll your shoulders back
- Exhale into Cat Arch, Drop your head, tuck your tailbone, Arch Your Back
- Inhale, Reach your right hand out in front of you
- Push your left leg out behind you, toes down, heel back,





# #8 Supported Lunge into Space Shuttle

Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)

What Body Parts are working:

How:

Breath cycle:

Benefits of this exercise:

Cues:

Notes:



## **DDP Cues:**

- Front Ankle directly under your knee, back foot behind you, work your toes
- Hands on your front leg, Lift your chest, roll your shoulders back
- Fold forward, biceps to your ribcage
- Count back from (5 or 10).....EXPLODE!!

# #9 Road Warrior 1& 2

Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)

What Body Parts are working:

How:

Breath cycle:

Benefits of this exercise:

Cues:

Notes:

#### **DDP Cues:**

- Front Knee under your ankle, back foot flat
- Inhale, Reach our arms over head and grab the ball
- Exhale, Right arm forward, left arm back
- Pull your hands away from each other and Engage.



# #10 Dynamic Resistance Cables into Dynamic Resistance Curls

Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)

What Body Parts are working:

How:

Breath cycle:

Benefits of this exercise:

Cues:

Notes:

### DDP Cues:

- From Road Warrior 2, Grab the cables...and Pull! 3-2-1
- Now push away! 3-2-1!
- Grab the dumb bells and Pull! 3-2-1....Triceps and Push! 3-2-1



# #11 Dynamic Resistance Rows

Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)

What Body Parts are working:

How:

Breath cycle:

Benefits of this exercise:

Cues:

Notes:

**DDP Cues:**

- Reach out and grab the ball
- Drop the ball and pull 3-2-1
- And Push 3-2-1(Repeat for either 3 or 5 sets)



# #12 Punches

*Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)*

What Body Parts are working:

How:

Breath cycle:

Benefits of this exercise:

Cues:

Notes:



### DDP Cues:

- From Road Warrior position, Put right fist back, left fist over....
- I say Ready, You Say Ready,....Ready? READY!
- Hit It! 1-1! 1-2! 1-3!

# #13 Safety Zone

*Your notes from DDP 's Presentation...(Reference DDP Disc #1 for additional review)*

What Body Parts are working:

How:

Breath cycle:

Benefits of this exercise:

Cues:

Notes:



#### DDP Cues:

- From Down Dog, Lower to your knees
- Push your Hips back to your heels
- Reach your arms out in front

# The DDP Plan:

Remember DDP YOGA is....

A Program that Adapts to EVERY Fitness Level

- ✓ Kick Ass Cardio
- ✓ Increased Flexibility
- ✓ Maximum Core Strength
- ✓ Minimal joint impact

Delivered with DDP's Tone & 'Tude!

Visit [ddpyoga.com](http://ddpyoga.com) for additional details, testimonials and photos validating DDP YOGA results!





**CONGRATULATIONS!**

**YOU NOW POSSESS THE KNOWLEDGE TO SAFELY PRACTICE DDP YOGA!**

**LEVEL 1 TRAINING**

**DDP YOGA CERTIFICATION COURSE**



**NEXT STEPS: GETTING CERTIFIED**

**LEVEL 1 TRAINING**

— DDP YOGA CERTIFICATION COURSE —

# How to BEST Prepare....

- Dedicate yourself to YOUR personal health!
- Practice DDP YOGA 1 hr x 5 days a week using the Dvd's and the Level 1 Workout.
- Set minimum weekly goals...
  - example...*” I will begin The Phase 2 Eating Program and practice DDP YOGA 60min, 5 X week”*
  - Include the Level I workout in your practice. Challenge yourself!
- Start a Journal...Impact of DDP YOGA on YOUR LIFE & Others
- Practice Teach...Level I
  - Develop TONE 'N' ATTITUDE! How do you plan to motivate... yourself? Others?
- Repetition is the mother of learning

# Getting Certified...

## Certification Program:

- 100 hours DDP YOGA Practice
  - Film yourself practicing on your own or in a group, or Practice Teaching.
  - \* send your footage to The Yoga-Doc via Streaming, DVD or E-mail
  - \* DDP Yoga Live Events Count toward your 100 hours of practice
- 30+ Hours of Self Study using the Following:
  - Level I Training Manual
  - \* DDP YOGA Program Guide
  - \* "Yoga for Regular Guys" hardcopy or E-Book
- 20 Hours Practice Teaching
  - Documented in Learning Journal
  - Submit written "Cues for Diamond Dozen"
- 2 hr Workshop or Retreat is Optional for Level 1 but Highly Recommended
  - Attend DDP YOGA Workshop which counts toward your 100 hours of practice
  - Additional hours may include DDP YOGA Expert Staff Coaching
- Examinations:
  - Level I Teaching Practical (Video submission or live workshop)
  - Written exam based on the Level 1 Training Manual, DDP Yoga Program Guide and "Yoga for Regular Guys", by DDP and The Yoga-Doc



**A Program that ADAPTS to EVERY Fitness Level**

- Kick Ass Cardio
- Increased Flexibility
- Maximum Core Strength
- Minimal joint impact

**Delivered with DDP's Tone & Attitude**

- ✓ **NOTE: Journal, Cue Practice, DDP Expert Staff "1 to 1 Training" or Coaching Sessions may be added/applicable to total hours as determined by Dr. Craig Aaron or DDP Yoga Training Staff.**



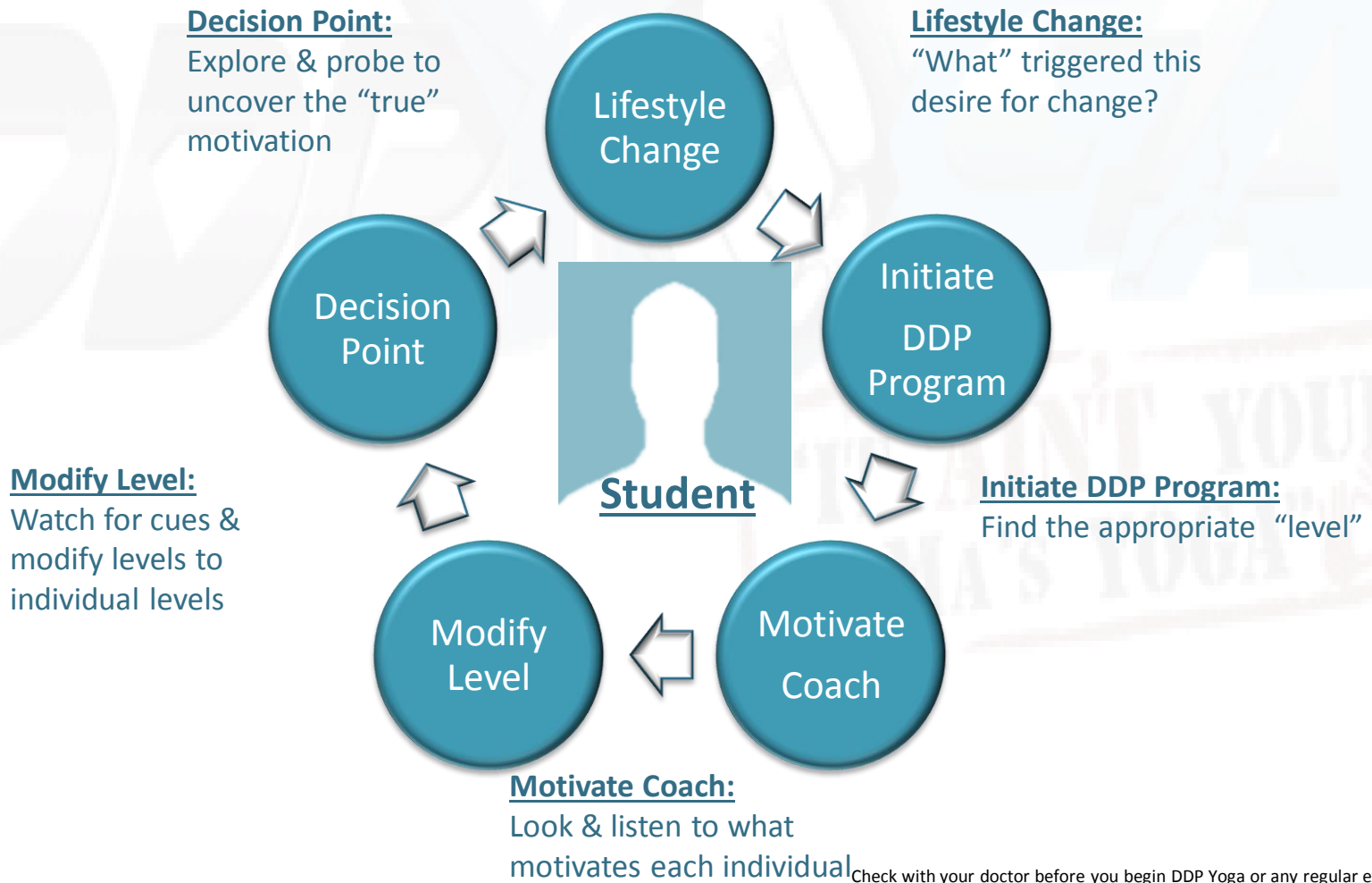
# INFORMATION FOR INSTRUCTORS

## LEVEL 1 TRAINING

DDP YOGA CERTIFICATION COURSE

# Students: How to Cultivate, Connect & Motivate

Seek to Understand: What motivates Individual, probe to maintain status & modify approach



# Exercise with Caution...Leading Students

It is important to note that the purpose of DDP YOGA is not always to stretch deeper, get stronger, or push limits. The body is different every day. Depending on many factors, such as sleep, hydration, emotional well being, etc... the experience of the body can change. On the days that there is fatigue or injury, it is much better to back off a little.

Communicate with your students that on low energy days, it may be best to practice lightly and focus on breathing. Learning to be OK with backing off a little...it can be challenging enough some days . Be attentive to your student's physical and emotional needs, and guide them gently towards a state of balance. If you see that they are doing too much, inspire patience. If you see that they could safely do more, encourage them to transcend their current limits. -"***Diamond***" Dallas Page



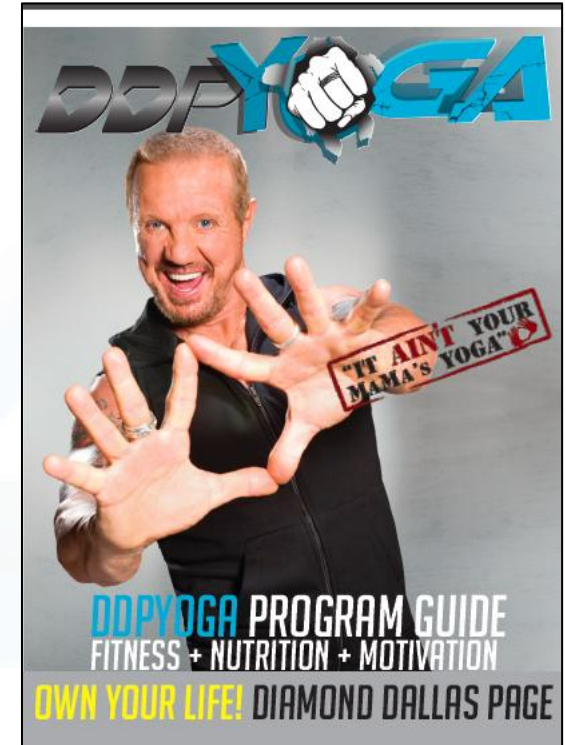
# Your Commitment

- “Walk the Walk” ...Lead by example
  - Live what you teach
  - Eat Healthy
  - Practice Regularly
- “Talk the Talk” ...Educate your students
  - Truly Understand the DDP Yoga program
  - Teach with an appreciation of benefits
  - Learn the “WHY” behind healthy eating
  - Support and motivate your students

# Teaching...Playbook

## MASTER DDP Yoga...Study the DDP YOGA Guidebook

- When teaching....
- Create a friendly welcoming environment
- Introduce yourself
- Learn students name & fitness goals
- Encourage heart rate monitors
- Make eye contact while teaching
- Keep safety top of mind
- Focus on breathing
- Ensure muscle engagement/Dynamic resistance
- Provide direction and “cues”
- Check in thru class
- Offer assistance (Use demonstration, hands & cues)
- Follow the sequence



# Be Present: Assist Students

You are there to Inspire, Encourage, Support & ASSIST:

- **ALWAYS remember Safety First!**
- Important...Remove student from an unsafe position due to poor alignment, excessive forcing, or other factors that might lead to injury.
- Providing encouragement.
- Offer additional information about alignment of positions
- Share specifics about maximizing benefits of positions.
- Increasing student's awareness of their body or breath.
- Provide alternative ways of experiencing the position, modifications....either to address limitations, injury, variety, +/- depth or other.
- Respond to student who is seeking clarification or guidance.



# BUILDING ADDITIONAL PERSPECTIVE

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DDP YOGA CERTIFICATION COURSE

# Basic Health Knowledge

Students will often share information regarding their health status. It is important to note that only medical professionals are qualified to advise. **Refer students to a medical professional for health or medical advice.**

It is however helpful to increase your knowledge of the body and common (and often chronic) conditions that students may be facing or managing.

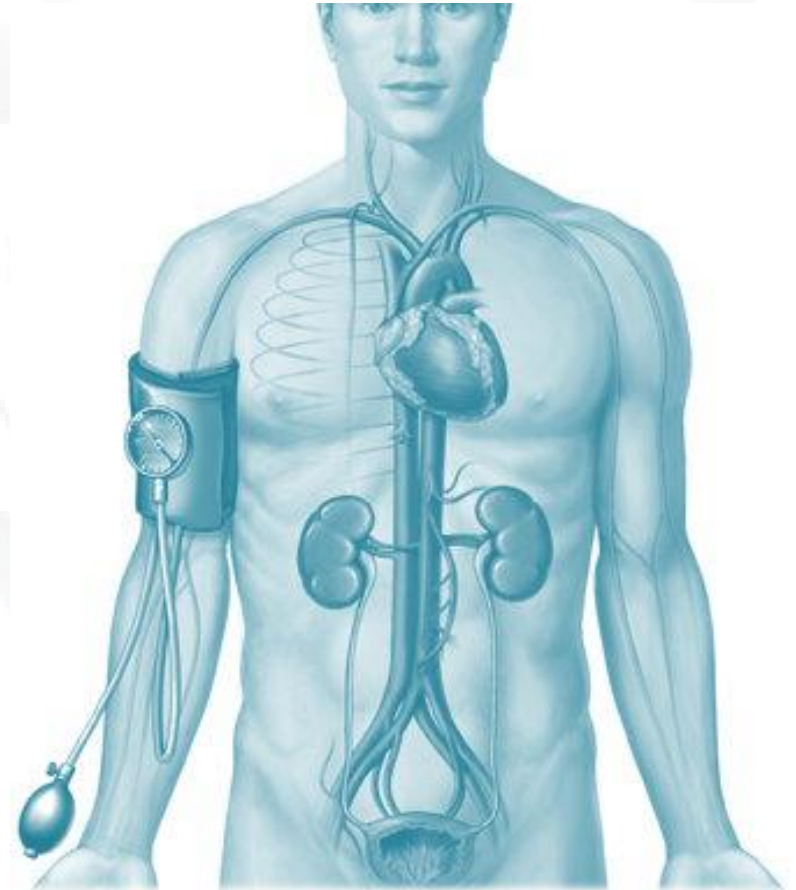
The following information is offered solely in support of your knowledge & development. This is not intended for sharing with students, as only licensed health care professionals should offer health related or medical advice. Always refer your students to their doctor with any health or medical questions or concerns.

\*This is for your information only. as only licensed health care professionals should offer health related or medical advice. Always refer your students to their doctor with any health or medical questions or concerns.

# What is Blood Pressure?

Blood pressure is the force of blood against the walls of arteries. Blood pressure is recorded as two numbers—the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats). The measurement is written one above or before the other, with the systolic number on top and the diastolic number on the bottom. For example, a blood pressure measurement of 120/80 mmHg (millimeters of mercury) is expressed verbally as "120 over 80."

\*Normal blood pressure is less than 120mmHg systolic and less than 80mmHg diastolic.



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# NHLBI Blood Pressure Classification

Lowering high blood pressure can be a benefit of regular exercise, such as DDP Yoga.

## CLASSIFICATION OF BLOOD PRESSURE FOR ADULTS AGE 18 AND OLDER \*

Category	Systolic (mm Hg)		Diastolic (mm Hg)
Optimal <sup>†</sup>	<120	and	<80
Normal	<130	and	<85
High-normal	130-139	or	85-89
Hypertension <sup>‡</sup>			
Stage 1	140-159	or	90-99
Stage 2	160-179	or	100-109
Stage 3	<u>≥180</u>	or	<u>≥110</u>

\* Not taking antihypertensive drugs and not acutely ill. When systolic and diastolic blood pressures fall into different categories, the higher category should be selected to classify the individual's blood pressure status. For example, 160/92 mm Hg should be classified as stage 2 hypertension, and 174/120 mm Hg should be classified as stage 3 hypertension. Isolated systolic hypertension is defined as SBP of 140 mm Hg or greater and DBP below 90 mm Hg and staged appropriately (e.g., 170/82 mm Hg is defined as stage 2 isolated systolic hypertension). In addition to classifying stages of hypertension on the basis of average blood pressure levels, clinicians should specify presence or absence of target organ disease and additional risk factors. This specificity is important for risk classification and treatment (see table 5).

† Optimal blood pressure with respect to cardiovascular risk is below 120/80 mm Hg. However, unusually low readings should be evaluated for clinical significance.

‡ Based on the average of two or more readings taken at each of two or more visits after an initial screening.

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# Cholesterol...Explained

- It may surprise you to know that cholesterol itself isn't bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy. Some of the cholesterol we need is produced naturally (and can be affected by your family health history), while some of it comes from the food we eat.
- There are two types of cholesterol: "good" and "bad." It's important to understand the difference, and to know the levels of "good" and "bad" in your blood. Too much of one or not enough of the other can put you at risk of heart disease, heart attack or stroke.
- Cholesterol comes from two sources: **your body** and **food**. Your liver and other cells in your body make about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat. Cholesterol is only found in animal product
- A cholesterol screening measures your level of HDL and LDL. HDL is the "good" cholesterol which helps keep the LDL (bad) cholesterol from getting lodged into your artery walls. A healthy level of HDL may also protect against heart attack and stroke, while low levels of HDL (less than 40 mg/dL for men and less than 50 mg/dL for women) have been shown to increase the risk of heart disease.
- If you need to increase your HDL to reach your goals, studies show that regular physical activity can help your body produce more HDLs. Reducing trans fats and eating a balanced, nutritious diet is another way to increase HDL. If these measures are not enough to increase your HDL to goal, your healthcare practitioner may offer alternative options.
- LDL cholesterol is the "bad" cholesterol. When too much of it circulates in the blood, it can clog arteries, increasing your risk of heart attack and stroke.
- LDL cholesterol is produced naturally by the body, but many people inherit genes from their mother, father or even grandparents that cause them to make too much. Eating saturated fat, trans fats and dietary cholesterol also increases how much you have. If high blood cholesterol runs in your family, lifestyle modification may not be enough to help lower your LDL blood cholesterol. Everyone is different, so work with your doctor to find a treatment plan that is best for you.

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# Cholesterol: AHA Recommendations

Total Cholesterol Level	Total Cholesterol Category
Less than 200 mg/dL 200-239 mg/dL 240 mg/dL and above	Desirable Borderline high High
LDL Cholesterol Level	LDL Cholesterol Category
Less than 100 mg/dL 100-129 mg/dL 130-159 mg/dL 160-189 mg/dL 190 mg/dL and above	Optimal Near optimal/above optimal Borderline high High Very high
HDL Cholesterol Level	HDL Cholesterol Category
Less than 40 mg/dL 40 - 59 mg/dL 60 mg/dL and above	A major risk factor for heart disease. The higher, the better. Considered protective against heart disease.

**AHA recommendation: using the absolute numbers for total blood cholesterol and HDL cholesterol levels. They're more useful to physicians than the cholesterol ratio in determining the appropriate treatment for patients.** Some physicians and cholesterol technicians use the ratio of total cholesterol to HDL cholesterol in place of the total blood cholesterol. The ratio is obtained by dividing the HDL cholesterol level into the total cholesterol. For example, if a person has a total cholesterol of 200 mg/dL and an HDL cholesterol level of 50 mg/dL, the ratio would be 4:1. The goal is to keep the ratio below 5:1; the optimum ratio is 3.5:1.

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# Metabolic Syndrome...

Your doctor will diagnose metabolic syndrome based on the results of a physical exam and blood tests. You must have at least three of the five metabolic risk factors to be diagnosed with metabolic

## Metabolic Risk Factors

### **A Large Waistline**

Having a large waistline means that you carry excess weight around your waist (abdominal obesity). This is also called having an "apple-shaped" figure. Your doctor will measure your waist to find out whether you have a large waistline.

A waist measurement of 35 inches or more for women or 40 inches or more for men is a metabolic risk factor. A large waistline means you're at increased risk for heart disease and other health problems.

### **A High Triglyceride Level**

Triglycerides are a type of fat found in the blood. A triglyceride level of 150 mg/dL or higher (or being on medicine to treat high triglycerides) is a metabolic risk factor. (The mg/dL is milligrams per deciliter—the units used to measure triglycerides, cholesterol, and blood sugar.)

### **A Low HDL Cholesterol Level**

HDL cholesterol sometimes is called "good" cholesterol. This is because it helps remove cholesterol from your arteries.

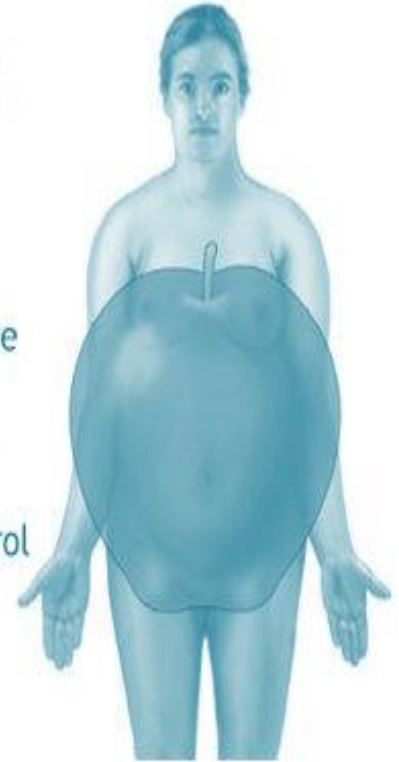
An HDL cholesterol level of less than 50 mg/dL for women and less than 40 mg/dL for men (or being on medicine to treat low HDL cholesterol) is a metabolic risk factor.

### **High Blood Pressure**

A blood pressure of 130/85 mmHg or higher (or being on medicine to treat high blood pressure. It is a metabolic risk factor. (The mmHg is millimeters of mercury—the units used to measure If only one of your two blood pressure numbers is high, you're still at risk for metabolic syndrome.

## Metabolic syndrome (Syndrome X)

- Central obesity
- High blood pressure
- High triglycerides
- Low HDL-cholesterol
- Insulin resistance



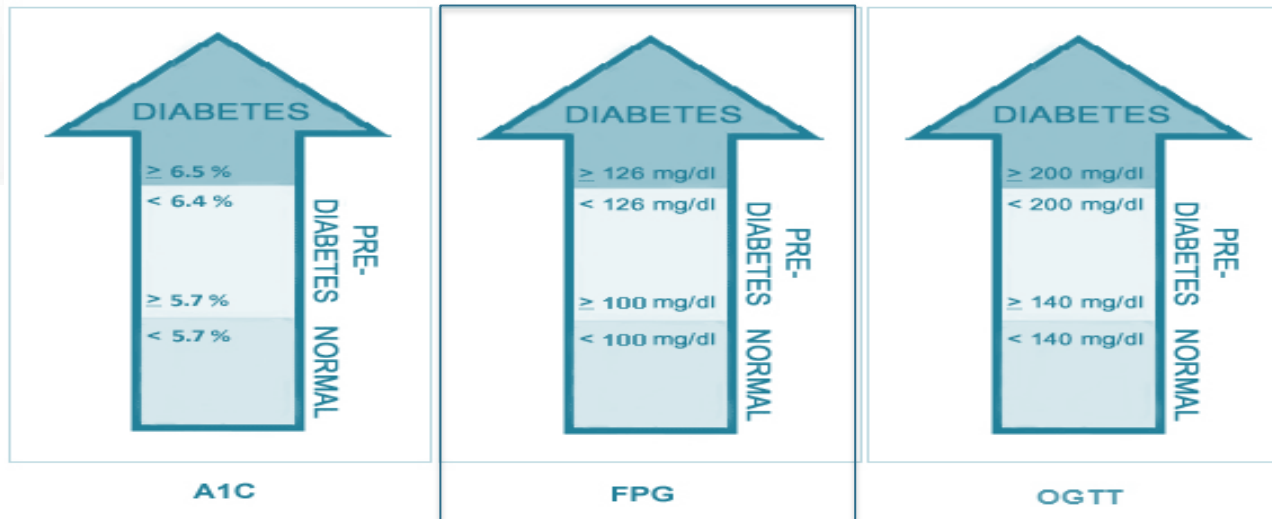
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# Metabolic Syndrome...Blood Sugar

## **High Fasting Blood Sugar**

A normal fasting blood sugar level is less than 100 mg/dL. A fasting blood sugar level between 100–125 mg/dL is considered prediabetes. A fasting blood sugar level of 126 mg/dL or higher is diabetes. A fasting blood sugar level of 100 mg/dL or higher (or being on medicine to treat high blood sugar) is a metabolic risk factor.

About 85 percent of people who have type 2 diabetes—the most common type of diabetes—also have metabolic syndrome. These people have a much higher risk for heart disease than the 15 percent of people who have type 2 diabetes without metabolic syndrome.



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# Arthritis...Defined

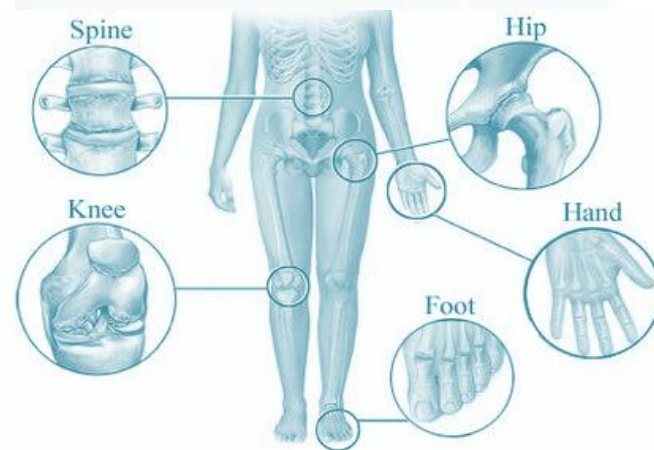
While the word *arthritis* is used by clinicians to specifically mean joint inflammation it is used in public health to refer more generally to more than 100 rheumatic diseases and conditions that affect joints, the tissues which surround the joint and other connective tissue. The pattern, severity and location of symptoms can vary depending on the specific form of the disease. Typically, rheumatic conditions are characterized by pain and stiffness in or around one or more joints. The symptoms can develop gradually or suddenly. Certain rheumatic conditions can also involve the immune system and various internal organs of the body.

## Prevalence

About 22% of U.S. adults, or 50 million people aged 18 years or older in the civilian, non-institutionalized population, have self-reported doctor-diagnosed arthritis.

Prevalence proportions for adults were higher among:

- Older adults (50% for persons aged >65 years, 29.8% for persons aged 45–64 years, and 7.6% for persons aged 18–44 years).
- Females (age-adjusted: 25.9% among women versus 18.3% among men).
- Non-Hispanic whites and blacks and American Indian/Alaska Natives (age-adjusted: 22.3%, 21.8% and 28.6% respectively) versus Hispanics (15.6%) and Asian/Pacific Islanders (10.6%).
- Obese and overweight people. Obese (age-adjusted: 31.1%) versus overweight (21.4%) versus underweight/normal weight (16.9%).
- Physically inactive people (age-adjusted: 23.5% for physically inactive versus 18.7% among adults with arthritis meeting physical activity recommendations).



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# CDC Adult Activity Recommendations... for Even *Greater* Health Benefits

Adults should increase their activity to:

5 hours (300 minutes) each week of moderate-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

or

2 hours and 30 minutes (150 minutes) each week of vigorous-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

or

An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

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# REFERENCES:

# LEVEL 1 TRAINING

DDP YOGA CERTIFICATION COURSE



# Glossary & References

**active exercise**" motion imparted to a part by voluntary contraction and relaxation of its controlling muscles.

**active assistive exercise:** voluntary contraction of muscles controlling a part, assisted by a therapist or by some other means.

**aerobic exercise:** a type of physical activity that increases the heart rate and promotes increased use of oxygen in order to improve the overall body condition.

**Back pain:** Pain felt in the low or upper back. Causes of pain in the low and upper back include conditions affecting the bony spine; discs between the vertebrae; ligaments around the spine and discs; spinal inflammation; spinal cord and nerves; muscles; internal organs of the pelvis, chest, and abdomen; tumors; and the skin.

**ballistic stretching:** rapid, jerky movements employed in exercises to stretch muscles and connective tissue.

**blood pressure:** The blood pressure is the pressure of the blood within the arteries. It is produced primarily by the contraction of the heart muscle. It's measurement is recorded by two numbers. The first (systolic pressure) is measured after the heart contracts and is highest. The second (diastolic pressure) is measured before the heart contracts and lowest. A blood pressure cuff is used to measure the pressure. Elevation of blood pressure is called "hypertension".

**cardiovascular exercise:** exercises to promote improved capacity of the cardiovascular system. They must be administered at least twice weekly, with most programs conducted three to five or more times weekly. The contraction of major muscle groups must be repeated often enough to elevate the heart rate to a target level determined during testing. Used in the treatment of compromised cardiovascular systems, as in cardiac rehabilitation, or as a preventive measure.

**corrective exercise:** therapeutic exercise.

**diabetes:** Refers to diabetes mellitus or, less often, to diabetes insipidus. Diabetes mellitus and diabetes insipidus share the name "diabetes" because they are both conditions characterized by excessive urination (polyuria). See the entire definition of Diabetes

**endurance exercise:** any exercise that involves the use of several large groups of muscles and is thus dependent on the delivery of oxygen to the muscles by the cardiovascular system; used in both physical fitness programs and testing of cardiovascular and pulmonary function

**essential:** In medicine, of unknown cause, as in essential hypertension (high blood pressure of unknown cause). Also known as idiopathic.

# Glossary & References

**heart:** The muscle that pumps blood received from veins into arteries throughout the body. The heart is positioned in the chest behind the sternum (breastbone); in front of the trachea, esophagus, and aorta; and above the diaphragm. A normal heart is about the size of a closed fist and weighs about 298 grams or 10.5 ounces. It is cone-shaped, with the point of the cone pointing down to the left. Two-thirds of the heart lies in the left side of the chest, with the balance in the right side of the chest. The heart is composed of specialized cardiac muscle, and it is four-chambered, with a right atrium and ventricle, and an anatomically separate left atrium and ventricle. The blood flows from the systemic veins into the right atrium, thence to the right ventricle, from which it is pumped to the lungs and then returned into the left atrium, thence to the left ventricle, from which it is driven into the systemic arteries. The heart is thus functionally composed of two hearts: the right heart and the left heart. The right heart consists of the right atrium, which receives deoxygenated blood from the body, and the right ventricle, which pumps the deoxygenated blood to the lungs under low pressure; and the left heart, which consists of the left atrium, which receives oxygenated blood from the lung, and the left ventricle, which pumps the oxygenated blood out to the body under high pressure.

**heart disease:** Any disorder that affects the heart. Sometimes the term "heart disease" is used narrowly and incorrectly as a synonym for coronary artery disease. Heart disease is synonymous with cardiac disease but not with cardiovascular disease which is any disease of the heart or blood vessels. Among the many types of heart disease, see, for example: Angina; Arrhythmia; Congenital heart disease; Coronary artery disease (CAD); Dilated cardiomyopathy; Heart attack (myocardial infarction); Heart failure; Hypertrophic cardiomyopathy; Mitral regurgitation; Mitral valve prolapse; and Pulmonary stenosis.

**heart muscle:** A type of muscle with unique features only found in the heart. The heart muscle, or cardiac muscle, is medically called the myocardium ("myo-" being the prefix denoting muscle).

high blood pressure: **A repeatedly elevated blood pressure exceeding 140 over 90 mmHg. Chronic high blood pressure can stealthily cause blood vessel** changes in the back of the eye (retina), abnormal thickening of the heart muscle, kidney failure, and brain damage. No specific cause for high blood pressure is found in 95 percent of patients. Treatment for high blood pressure involves dietary changes, regular aerobic exercise, and medication. There are many types of medications used to treat high blood pressure including diuretics, beta-blockers, blood vessel dilators, and others. Also known as hypertension.

**isokinetic exercise:** dynamic muscle activity performed at a constant angular velocity.

**isometric exercise:** active exercise performed against stable resistance, without change in the length of the muscle.

**isotonic exercise:** active exercise without appreciable change in the force of muscular contraction, with shortening of the muscle.

# Glossary & References

**muscle:** Muscle is the tissue of the body which primarily functions as a source of power. There are three types of muscle in the body. Muscle which is responsible for moving extremities and external areas of the body is called "skeletal muscle." Heart muscle is called "cardiac muscle." Muscle that is in the walls of arteries and bowel is called "smooth muscle."

**muscle-setting exercise:** voluntary contraction and relaxation of skeletal muscles without changing the muscle length or moving the associated part of the body. Called also static exercise, may be either active or passive.

**osteoporosis:** Thinning of the bones, with reduction in bone mass, due to depletion of calcium and bone protein. Osteoporosis predisposes a person to fractures, which are often slow to heal and heal poorly. It is most common in older adults, particularly postmenopausal women, and in patients who take steroids or steroidal drugs. Unchecked osteoporosis can lead to changes in posture, physical abnormality (particularly the form of hunched back known colloquially as dowager's hump), and decreased mobility. Treatment of osteoporosis includes exercise (especially weight-bearing exercise that builds bone density), ensuring that the diet contains adequate calcium and other minerals needed to promote new bone growth, use of medications to improve bone density, and sometimes for postmenopausal women, use of hormone therapy.

**passive exercise:** motion imparted to a segment of the body by another individual, machine, or other outside force, or produced by voluntary effort of another segment of the patient's own body.

**quadriceps setting exercise:** an isometric exercise to strengthen muscles needed for ambulation. The patient is instructed to contract the quadriceps muscle while at the same time elevating the heel and pushing the knee toward the mat.

**range of motion (ROM):** exercises that move each joint through its full range of motion, that is, to the highest degree of motion of which each joint normally is capable; they

**resistance (resistive):** activities designed to increase muscle strength, performed against an opposing force; the resistance may be either isometric, isotonic, or isokinetic.

**static exercise:** muscle-setting exercise.

**static stretching:** the placement of muscles and connective tissues at their greatest length by steady force in the direction of lengthening. Short duration forces can be obtained manually, but special traction devices, splints, and casts are generally used to apply low-intensity forces for prolonged periods (30 minutes or longer). Warming the soft tissue before or during stretching will generally facilitate lengthening.

**stress test/exercise stress tests:** tests used in exercise testing.

**therapeutic exercise:** the scientific use of bodily movement to restore normal function in diseased or injured tissues or to maintain a state of well-being; called also corrective exercise. As with any type of therapy, a therapeutic exercise program is designed to correct specific disabilities of the individual patient. The program is evaluated periodically and modified as indicated by the patient's progress and response to the prescribed regimen. Exercises affect the body locally and systemically and bring about changes in the nervous, circulatory, and endocrine systems as well as the musculoskeletal system.

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# Glossary & References

## Helpful web sites:

- [References Websites](#)
- [www.ddpyoga.com](http://www.ddpyoga.com)
- [www.cdc.gov](http://www.cdc.gov)
- [www.heart.org/](http://www.heart.org/)
- [www.acsm.org/](http://www.acsm.org/)
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- <http://orthoinfo.aaos.org>



# Glossary & References

Overall ranking of companies in the Access Nutrition Index:

1. Danone
2. Unilever
3. Nestlé
4. PepsiCo
5. Kraft Foods Inc.
6. Grupo Bimbo
7. ConAgra Foods
8. Heinz
9. Coca-Cola
10. Kellogg
11. General Mills
12. (tied) Barilla, Campbell
14. (tied) Ferrero, Sigma
16. Mars
17. Ajinomoto
18. Hershey
19. FrieslandCampina
20. Brasil Foods
21. Nichirei
22. (tied) Lactalis, Lotte, Nissin, Tingyi

*The Access to Nutrition Index is a new global initiative that evaluates food and beverage manufacturers on their policies, practices, and performance related to obesity and undernutrition. By providing companies with a tool for benchmarking their nutrition practices and serving as an impartial source of information for interested stakeholders, ATNI aims to encourage companies to increase consumer access to nutritious products and responsibly exercise their influence on consumer choice and behavior.*



**STUDY NOTES:**

**LEVEL 1 TRAINING**

— DDP YOGA CERTIFICATION COURSE —

# #1 Ignition Into Touchdown





# #2 Diamond Cutter



# #3 Bar Back (Bent Leg & Straight Leg)

DDP YOGA

IT'S YOUR  
YOGA™



# #4 Catcher Into Thunderbolt

DDP YOGA



# #5 Cobra into Downdog



# #6 Slow Burn Push-ups



# #7 Table into Cat Stretch into Broken Table



# #8 Supported Lunge into Space Shuttle





# #9 Road Warrior 1& 2

DDP YOGA



YOUR  
A"O

# #10 Dynamic Resistance Cables into Dynamic Resistance Curls



# #11 Dynamic Resistance Rows



# #12 Punches



# #13 Safety Zone



# DDP Yoga Workouts...

## **DIAMOND DOZEN:**

- The Fundamentals and foundation of the DDP Yoga system
- The DDPYOGA Diamond Dozen includes the key 13 moves of the DDPYOGA Fitness System.
- Learn the fundamental moves at the heart of every DDPYOGA workout.
- Dynamic Resistance and how to jack up your heart rate to reach your fat burning potential while toning and sculpting your body with lean, chiseled muscles.

## **ENERGY!:**

Now that you are familiar with the Diamond Dozen, ENERGY! takes those moves and incorporates them into an energizing 20-minute workout designed to wake up your body. This is a great starting point for anyone new to DDPYOGA – or for when you only have 20 minutes to exercise. While it's designed for beginners, don't be fooled! As you sink more deeply into the positions, you can get an intense workout in these power-packed 20 minutes.

# DDP Yoga Workouts...

## **FAT BURNER:**

- Crank it up and get ready to sweat!
- 25-minute DDPYOGA DVD provides a total body workout including targeting 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.

## **THE DIAMOND CUTTER:**

- You know this one's gotta be good because I named it after my signature move. We focus on every part of your body while we build strength, increase flexibility, and give you a cardio workout like you've never had. Wanna lose weight quickly or tone up?

Guess what? This is for you!

## **RED HOT CORE:**

- **Red Hot Core Workout**

If you've got a little extra hanging over your waistband, this DVD has your name all over it! Sexy, slim waistlines and ripped abs require a Red Hot Core workout! Take less than 15 focused DDPYOGA minutes to build core strength and create that flat stomach or six-pack of your dreams.



# DDP Yoga Workouts...

PROGRAM GUIDE *FITNESS 7*

## **BELOW THE BELT:**

Okay, Ladies... I specifically had you in mind for this one. Here we're focusing on holding back the hands of time in your butt and thighs. And fellas, you'll gain incredible strength in your most powerful muscle groups – glutes and thighs.

DDPYOGA *additional workouts*

*If you haven't* already, order the three additional DVDs!

You won't want to miss these incredible workouts!

## **STAND UP!:**

Get off your butt with this 30-minute, highly condensed DDPYOGA workout that has you standing at all times and focusing on balance. Perfect for those with bad knees, Stand Up! gives you a complete workout on your feet, with no impact.

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# DDP Yoga Workouts...

## **STRENGTH BUILDER:**

This time-saving 35-minute DDPYOGA 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 weak area doesn't mean you can't exercise! This no impact workout helps to build up your weakest link, and keeps you in top form.

## **DOUBLE BLACK DIAMOND:**

- Get ready to sweat and swear!
- DDP's personal workout for serious fanatics who are ready, or think they're ready! Only experts need apply.
- In Double Black Diamond, we turn up the burn, sweat it out, and take strength and flexibility to a whole new level. If you're someone who always wants a bigger challenge and you're willing to push yourself to the limit, this is the DVD for you.

