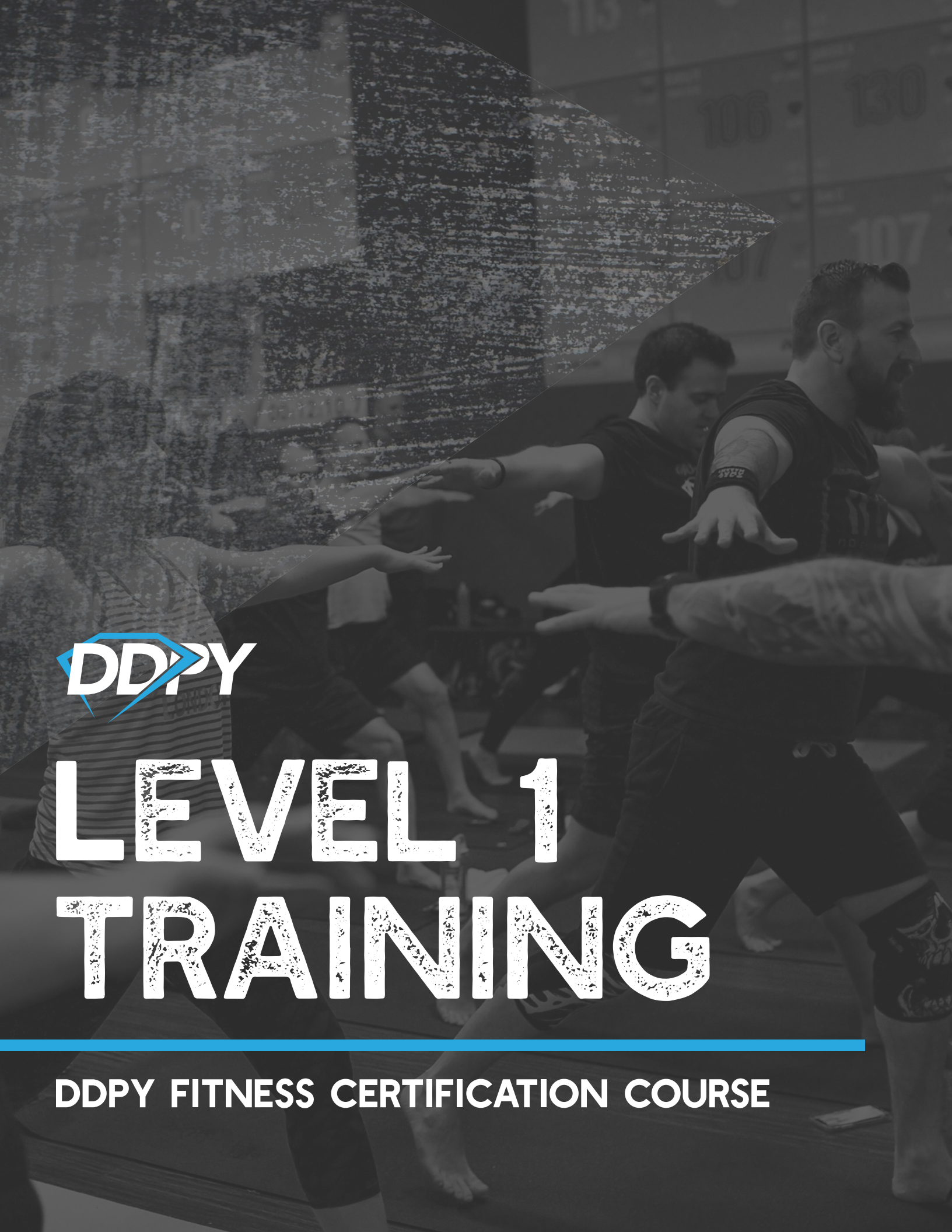
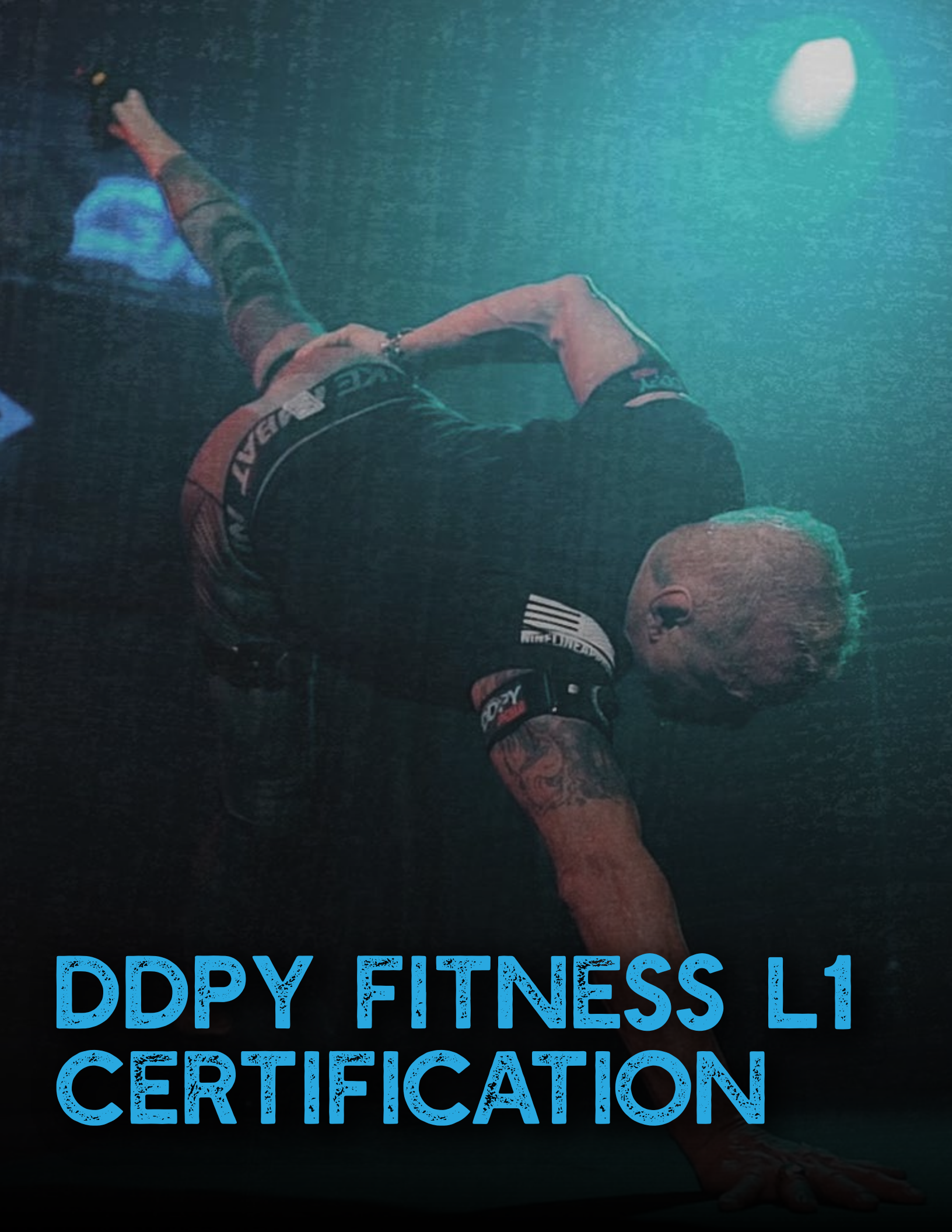


DDPY

LEVEL 1 TRAINING

DDPY FITNESS CERTIFICATION COURSE



DDPY FITNESS L1 CERTIFICATION

INTRODUCTION

There is a high chance that you have decided to become a DDPY Fitness Level 1 Instructor because DDPY has had an incredibly positive impact on your life and you want to help spread the word, so to speak. As a DDPY Fitness Level 1 Instructor, you will be teaching DDPY Fitness classes to students in your local area either in gyms, fitness studios, parks, or private rooms. In most cases you will be the first representation of DDPY to these people. Being a DDPY Fitness instructor, you must have Tone and Attitude when teaching. You need to present yourself confidently and know how to engage a class. The one undeniable feature of a DDPY Fitness class is the feeling you get when the room comes alive with people counting along with you.

You have a several responsibilities to the class, DDPY, and yourself. You must endeavor to always keep your students safe throughout the class. Although an independent instructor, you must always represent DDPY Fitness positively. You must be insured and be CPR trained.

Your aim is to teach a DDPY Fitness class that is fun, engaging, challenging yet modifiable and, most of all, on point with DDPY Branding and terminology.

Now have you got your heart monitor, a towel, and water? Then go hit the mat and start learning the Level 1 Workout.

PROCESS OF CERTIFICATION

The Certification has a 1-year time limit. If you do not complete all sections of the certification in that time frame, you will be removed from the course.

The following steps will help you understand the certification process:

1. Learn the Level 1 Workout. This will be the workout you need to teach to your students. Complete the workout journal (Add link) to reach your 100 hours practice. Read the Level 1 Manual and Yoga For Regular Guys.

2. Find 2 or more friends or family to be your test students. Some people may want to start a weekly class, this is fine, but you must not charge your people while you are in training. You may ask for a donation towards your time.

3. Study the Diamond Dozen video to help you understand the cues and modifications.

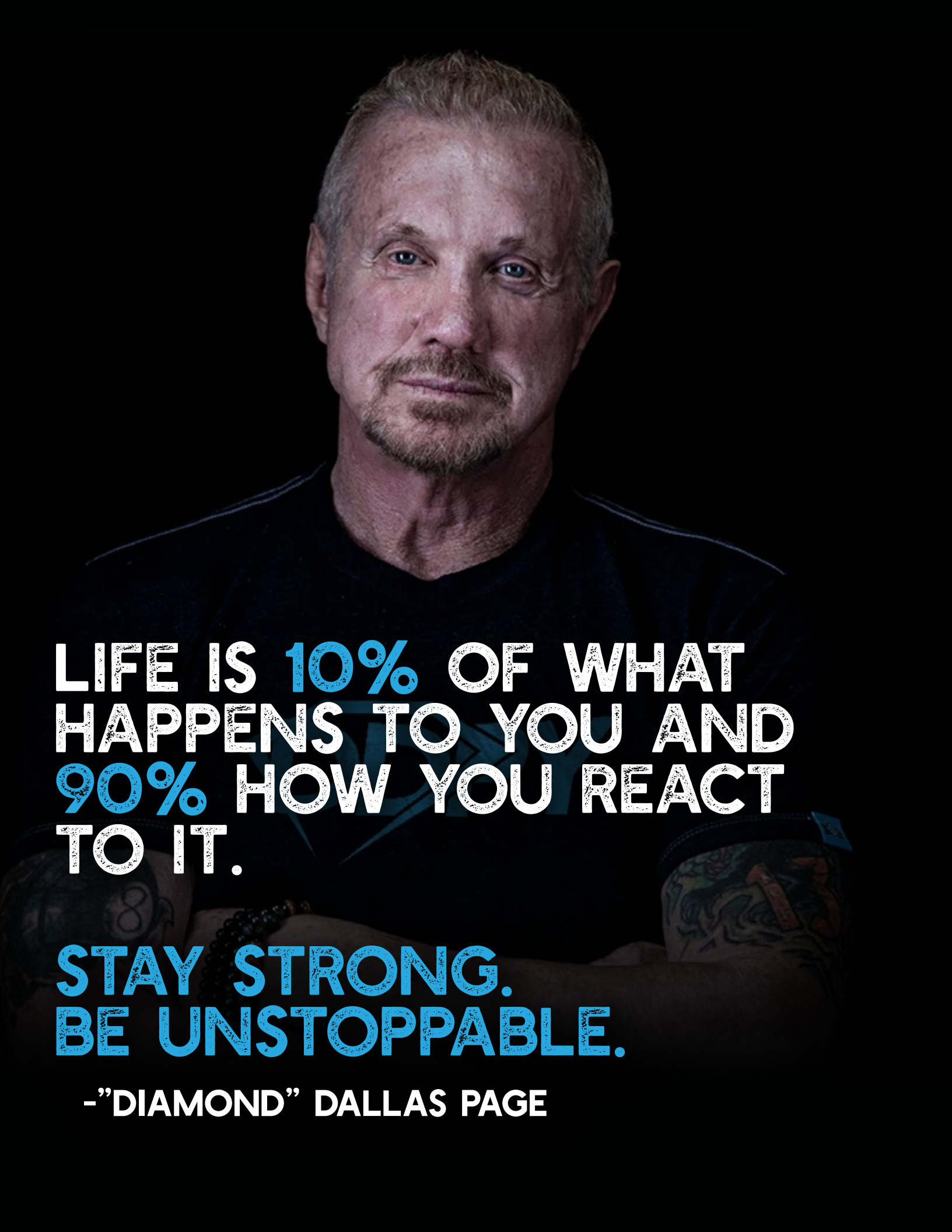
4. Teach the Level 1 Workout to your students. Complete the workout journal to show your 20 hours of practice teaching.

5. From 6 months you can book a Live assessment with Haydn (these will be held over zoom). You are eligible to have 3 assessments in this time: one at 6 months, one at 9 months and one at the year.

6. Once your Live assessment has been successfully completed you will need to submit your workout journal, sample food journal and Diamond Dozen Cues and Anatomy to Haydn.

7. Once these are approved Haydn will forward you a link to the final test.

8. A score of 80% or higher will pass the test. Haydn will confirm your pass mark and send you your digital certificate.


LIFE IS 10% OF WHAT HAPPENS TO YOU AND 90% HOW YOU REACT TO IT.
STAY STRONG.
BE UNSTOPPABLE.
-"DIAMOND" DALLAS PAGE

WHAT IS DDPY FITNESS LEVEL 1 TRAINING?

DDPY Fitness Level 1 Training is an introductory level program intended to:

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

DID YOU KNOW...

DDPY FITNESS falls under the CDC's Greater Health Benefits "from increased physical activity" category.

WHY THE DDPY FITNESS PROGRAM WAS CREATED

I DEVELOPED DDPY FITNESS TO:

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

Being given this second chance in life made DDPY Fitness 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!!!**

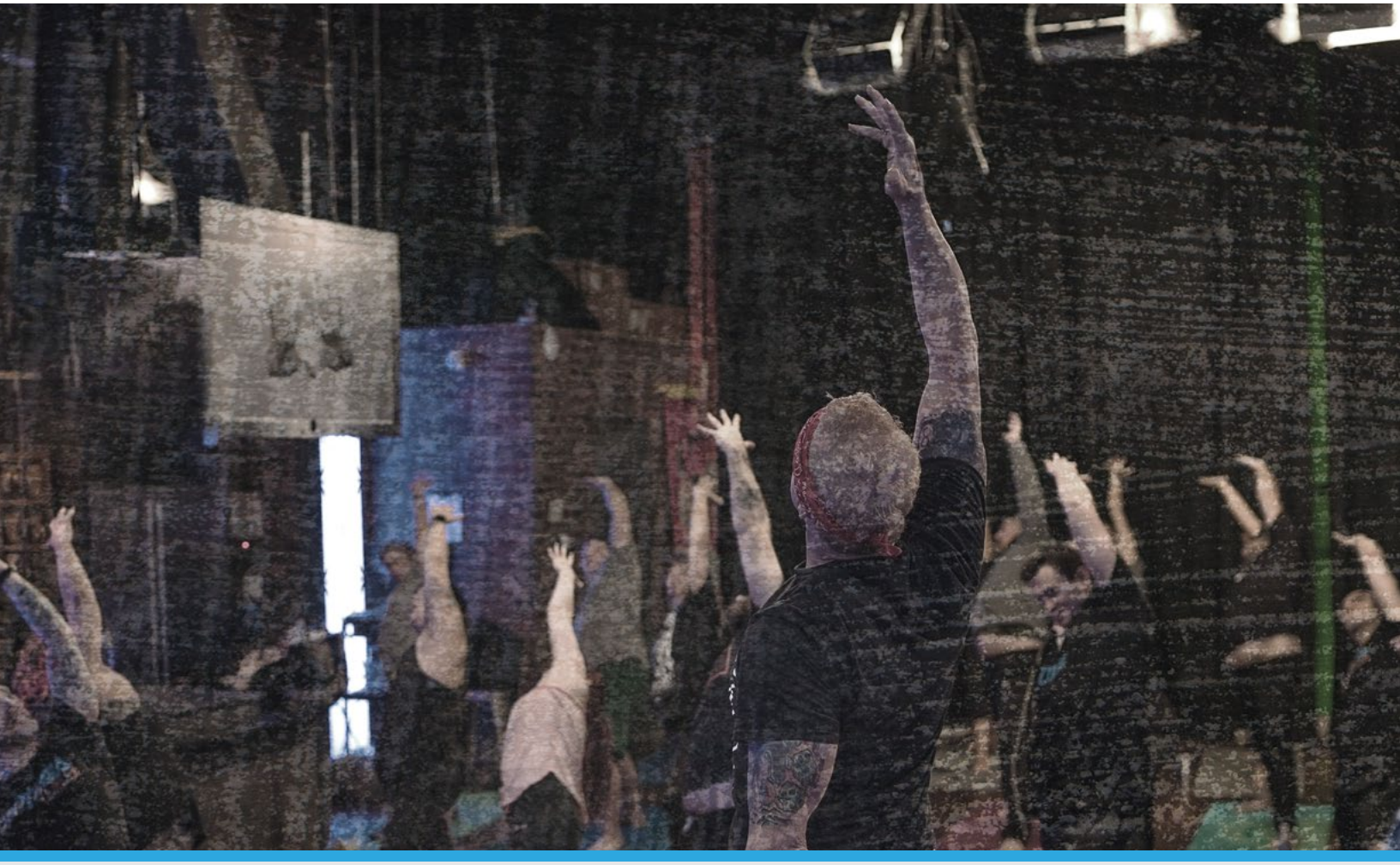
WHAT IS YOGA?

YOGA: Defined (capitalized)

yo·ga noun \ˈyō-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.

DID YOU KNOW...

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

MODERN YOGA STATS

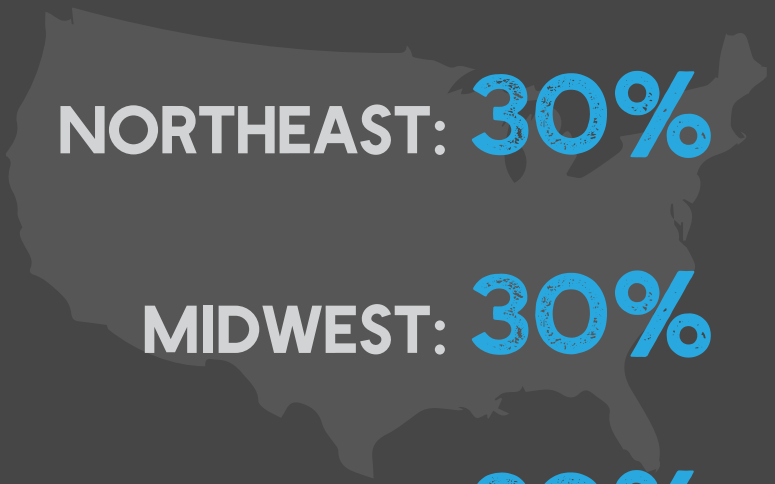
15+ MILLION
AMERICANS PRACTICE YOGA

72.5%
ARE FEMALE

40.6% AGE 18-34

41% AGE 35-54

18.4% AGE 55+



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?

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?

WHAT IS DDPY FITNESS?

THE MOST EFFECTIVE WORKOUT ON THE PLANET

DDPY Workouts combine yoga positions, sports rehab therapy, old-school calisthenics, and dynamic resistance. Yes, we're way more than just Yoga! Our workouts strengthen muscles, ligaments, and tendons while stabilizing core muscles, increasing flexibility, agility, and balance. All this while delivering a great cardio workout with minimal joint impact.

DDPY Fitness is **NOT YOGA**, it is a "hybrid" workout that incorporates some traditional yoga movements with:

- Sports Rehab Therapy Movements
- Dynamic Resistance
- Old-School Calisthenics
- Active Breathing Techniques

**DDPY Fitness 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.

Visit **DDPY.com** for additional details, testimonials and photos validating DDPY FITNESS results!

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.

WHAT DDPY FITNESS DOES

The primary benefits of DDPY FITNESS workouts:

- Body Fat Loss
- Lean Muscle Growth & Increased Flexibility
- Improved Cardio Levels
- Strengthen muscles, ligaments, and tendons
- Increasing agility, and balance
- Minimal to no undue stress on the joints

DDPY FITNESS is used by both professional athletes who want to perform at optimum levels and everyday people who want to place themselves in the best position to see life changing results that improve their quality of life.

**DDPY Fitness 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.

Visit **DDPY.com** for additional details, testimonials and photos validating DDPY FITNESS results!

WHAT MAKES DDPY FITNESS DIFFERENT?

DDPY FITNESS is all about **YOUR ENERGY**. It's a fitness program that teaches you how to channel your energy, turning it into a powerful tool for personal transformation. As your strength and stamina start to kick up with **DDPY FITNESS**, 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 **DDPY FITNESS** workout, you will 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! **DDPY FITNESS** will truly help you hold back the hands of time.

-"Diamond" Dallas Page

WHAT DDPY FITNESS IS

DDPY FITNESS is a unique 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 pushups, 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.

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.

-"Diamond" Dallas Page

THE FUNDAMENTALS OF FITNESS

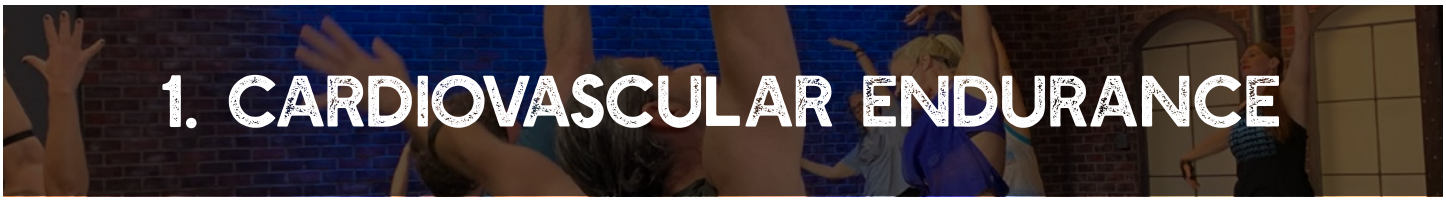
As a DDPY Level 1 Instructor, you should understand physical fitness fundamentals to equip yourself better when explaining how DDPY fits into the fitness landscape. Let's start with the five major components of fitness.

THE FIVE MAJOR COMPONENTS OF FITNESS

Total fitness is defined by how well the body performs in these five areas:

1. CARDIOVASCULAR ENDURANCE
2. MUSCULAR STRENGTH
3. MUSCULAR ENDURANCE
4. FLEXIBILITY
5. BODY COMPOSITION

DDPY boasts the only workouts on the planet that work the total body, hitting the five major components of fitness during each workout. It's how DDPY can offer the most effective workouts you'll find anywhere.



Cardiovascular Endurance is the length of time someone can perform a physical activity from moderate to intense, depending on the person. For DDPY, Cardiovascular Endurance is the duration of an individual's workout, if the person requires additional safety zones, water breaks, or disengages Dynamic Resistance to lower their heart rate.

You can increase your Cardiovascular Endurance by doing Aerobic Exercise that increases your heart rate and breathing rate for 30 minutes per day, 3-7 days per week.

Examples of Aerobic Exercise: DDPY Workouts, Walking/Hiking, Running, Swimming, Rowing.

Consistent Aerobic Activity offers significant benefits over time:

- Your heart beats more efficiently and pumps out more blood.
- Your lungs work more efficiently.
- Your Cardiovascular System delivers the blood to the body more effectively.
- You lower your Resting Heart Rate.
- Your muscles, ligaments, tendons, and bones get stronger.
- Your body will become more adapted to using fat as an energy source.

Increasing Cardiovascular Endurance also reduces the risk of developing high blood pressure, heart disease, some cancers, stroke, and obesity. You'll also see improvements in your stamina and strength, immune system, bone density, weight, and mood.

Starting Aerobic Exercise

It's not unusual for someone to feel tired when they start with Aerobic Exercise, but stamina will increase over time. It's important for someone starting exercise for the first time to start slow and steady.

Starting with 15-20 minutes of moderate-intensity three times per week will be enough to show improvements. Aim to increase to 30 minutes of moderate exercise 3-4 times per week. Make sure all workouts include a warmup, a cool down, and stretching as included in each DDPY workout.

The Cardiovascular System

It's important to have a basic understanding of the main system Aerobic Exercise affects in the body. The Cardiovascular System includes the heart, blood, and blood vessels (veins, arteries, and capillaries).

The function of the Cardiovascular system is to move oxygenated blood around the body. As your heart beats, Arteries carry oxygen-enriched blood to each cell. The oxygen-depleted blood and waste products are carried back through the body in our Veins to the lungs for oxygenation and to the other organs for waste disposal.

Understanding Blood Pressure (BP)

Blood Pressure (BP) describes the strength with which your blood is pumped around your body. BP is given with two numbers:

Systolic Pressure - The pressure your heart pushes the blood out.
Diastolic Pressure - The pressure when your heart rests between beats.
BP can be **Normal, Low (Hypotension), or High (Hypertension)**.

Normal BP - A Normal reading of **Systolic/Diastolic** BP would be between **90/60** and **120/80**.

Hypotension (Low BP) - Hypotension is when BP is **less than 90/60mmHg**. It's not a significant problem but can cause dizziness and fainting in some people.

Hypertension (High BP) - Hypertension is when BP consistently **ranges from 130-139 systolic or 80-89mmHg diastolic**. It can increase the risk of developing serious problems, such as heart attacks and strokes if left untreated.

Know Your Client's Blood Pressure Issues!

Ensure your client has received approval from their physician before prescribing any workouts.

Exercise is recommended to help improve BP long-term. It's a good idea to have your client check their BP regularly, so they aren't at risk during exercise.

If your client is on beta blockers, you should consider reducing their target heart rate zone and updating this in the app. It's sometimes too difficult for these individuals to reach the set heart rate zone.

Does your client have High BP?
Clients with High BP shouldn't create more internal pressure, so proper breathing while exercising is vital. Ensure that clients don't hold their breath when performing Dynamic Resistance movements, as this will cause an increase in blood pressure and put the individual at higher risk of stroke or heart attack.

Does your client have Low BP?
Clients with Low BP will be more susceptible to dizziness, nausea, passing out, and fatigue. Remind the client to be slow when rolling up from folding forwards or standing from a seated ground position. Make a note of any positions that cause them issues and try to offer alternate workout options or modifications. Hydration can also play a significant role in affecting low blood pressure. Remind the client to drink water often while working out.

Resting Heart Rate

Resting Heart Rate is your heart's beats per minute (BPM) while your body is at rest. It can be used to determine a person's basic cardiovascular fitness level. As with Blood Pressure, certain medications can affect this.

A normal Resting Heart Rate is between 60 and 100 bpm. While Resting Heart Rate is an excellent indicator of good cardiovascular conditioning, other issues could still be affecting conditioning. It's good to get a client's baseline, understand other possible factors, and see how it changes over time.

Finding a Resting Heart Rate

Take a proper Resting Heart Rate after an hour of physical rest. Place your index and middle finger on your wrist and find your pulse. Count how many beats you feel in 30 seconds and multiply that number by 2 to give your Resting Heart Rate. You can also check your resting heart rate with a heart rate monitor or a smartwatch.

Get To Know the Respiratory System

The Respiratory System moves fresh air into your body while removing waste gases. When we inhale air into the lungs, oxygen is moved into the bloodstream and carried through your body by the Cardiovascular System. At each cell in your body, oxygen is exchanged for a waste gas called carbon dioxide.

Parts of the Respiratory System

- Nose and nasal cavity
- Sinuses
- Mouth
- Throat (pharynx)
- Voice box (larynx)
- Windpipe (trachea)
- Diaphragm
- Lungs
- Bronchial tubes/bronchi
- Bronchioles
- Air sacs (alveoli)
- Capillaries

The Diaphragm also plays a huge role in breathing. As you inhale, the Diaphragm pulls the lungs downwards to expand and help take in the most air. As you exhale, the Diaphragm pushes upwards to help empty the Carbon Dioxide.

Learning to control your breath and proper breathing techniques are essential exercises for DDPY to ensure you're filling your body with the maximum amount of oxygen every time you breathe.

Heart Rate Training

Heart Rate Training is when a Heart Rate Monitor is used while exercising to track your heart's Beats Per Minute (BPM), seeking to keep your BPM in a specific zone. Heart rate training is one of the most helpful elements of the DDPY fitness program. Using your heart rate as a guide while exercising helps you know if you're pushing yourself too hard or not hard enough.

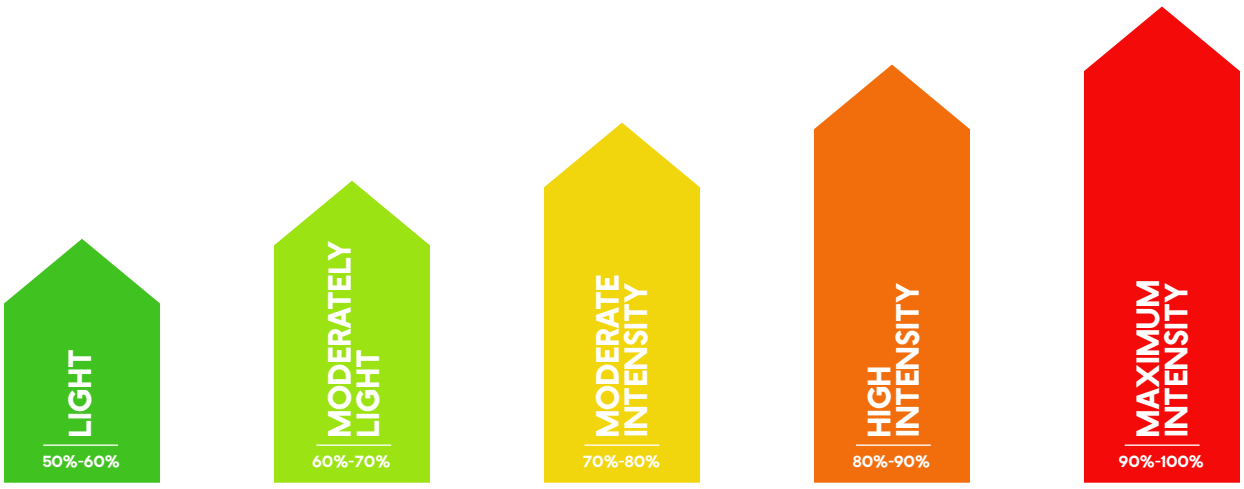
There are a couple of popular variations of heart rate training, Maximum Heart Rate (MHR) and Maximum Aerobic Function (MAF). Both methods are similar and valid. DDPY uses the MAF method because of its focus on burning fat stores rather than sugars. A coach needs to understand the differences between both training methods to get a clear view of why we prefer the MAF option.

Maximum Heart Rate (MHR) Training

The formula for MHR Training is:

220 - Current Age = Maximum Heart Rate

The training zones are then based on a percentage of the Max Heart Rate based on the intensity of the exercise.



These zones have been identified to assist individuals with optimal training zones to achieve different objectives. While elite athletes may pay close attention to how long they can stay in the highest intensity heart rate zones, others may use these zones to avoid pushing themselves too hard.

Maximum Aerobic Function (MAF) Training.

MAF Training increases your aerobic capability while training at a lower heart rate, pushing your body to fuel itself on fat stores instead of sugars – the main reasons DDPY uses this method. Dr. Phil Maffetone developed MAF Training. He discovered that once the heart rate reaches over 150bpm, the body uses Anaerobic Glycolysis, sugar-based energy, instead of burning fat stores.

The idea is to find your **Optimal Fat-Burning Zone** - the Beats Per Minute range (low to high) your heart needs to stay within to maximize results.

The formula for MAF Training is:
180 - Your Age = Maximum Heart Rate

> The basic idea is to stay under the formula's max heart rate. Also, consider if you're recovering from illness or injury (minus 5-10BPM) or consistently training without injury (plus 5-10BPM).

Your final number from this equation is your Maximum Heart rate or the end of your **Optimal Fat-Burning Zone**. To find the beginning of your **Optimal Fat-Burning Zone**, just deduct 20bpm. Work between these numbers, and you'll see better body composition, aerobic capacity, and overall endurance results.

The DDPY App calculates your Optimal Fat-Burning Zone for you to make it easier!

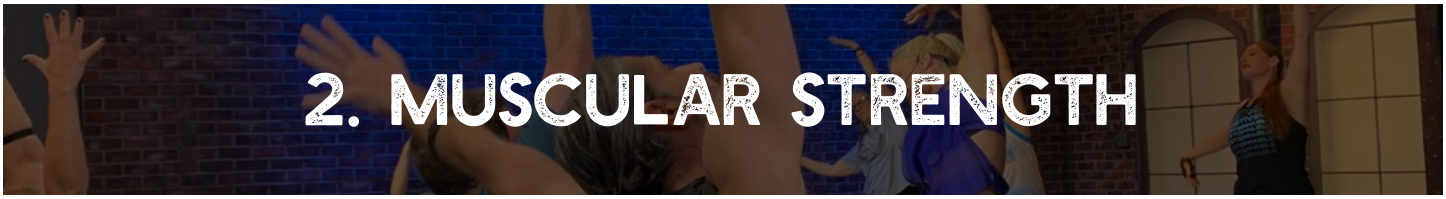
Optimal Fat-Burning Zone Explained

The body requires fuel to survive, even if you live a sedentary lifestyle or work sitting at a desk. Your body needs energy from calories to get through each day.

When you exercise at higher intensities, your body will call up fat stores for fuel. Awesome! As the intensity of your exercise increases, however, the body can't burn the fat stores optimally and switches to carbohydrates instead because they can be metabolized quicker at higher intensities.

The MAF theory of keeping a lower heart rate while working helps the body use fat for fuel over the quicker energy of carbohydrates. Once you push your body into the "Red Zone" (aerobic), you're more likely to use carbs to fuel your energy, and fat burning will be slower. Of course, burning carbs isn't bad, but we want to focus on burning that fat!

Keeping your Heart Rate in the "Green Zone" or Optimal Fat-Burning Zone will help metabolize fat stores and keep you upbeat and energized at the end of a workout.



2. MUSCULAR STRENGTH

Muscular Strength is how much maximum force a muscle can put into lifting, pushing, or pulling an object. The higher your Muscular Strength, the more weight you will be able to move by lifting, pulling, or pushing. Muscular Strength is not just for athletes. Being stronger will improve everything you do. Simply standing up requires muscular strength.

Within DDPY workouts, an example of Muscular Strength would be push-ups. With push-ups, you can get a good view of your Muscular Strength. Do you need to modify on your knees, or can you complete a full three-count push? Everyone is different but knowing your Muscular Strength level will help you see your progress.

The Benefits of Muscular Strength:

- Reduce Joint stress
- Strengthen connective tissue
- Improve posture
- Reduce obesity
- Improve body composition (more muscle, less fat)
- Increase Bone Density
- Help prevent injury

Strength Training will improve your Muscular Strength. You can utilize free weights like dumbbells, kettlebells, and barbells, or resistance machines which are excellent for isolating muscles.
DDPY uses Old-School Calisthenics and Dynamic Resistance to increase Muscle strength without needing weights. One of the major advantages of DDPY is the ability to strengthen muscles without the negatives and potential injuries that come from weights or resistance machines.

A great option for strength training with or without weights is Blood Flow Restriction (BFR). DDPY has a BFR strap called PowerCuffs that significantly reduces the time it takes to build Muscular Strength. By minimally restricting blood supply to a muscle while working out with DDPY PowerCuffs, you force the muscles to work harder as if lifting heavier weights. When the PowerCuffs are loosened, oxygenated blood floods the muscle and stimulates faster growth and recovery.

By challenging your muscles to work harder than usual, you'll build Muscular Strength.

3. MUSCULAR ENDURANCE

Muscular Endurance is the ability of a muscle or group of muscles to perform an action against resistance repeatedly. The higher your Muscular Endurance, the longer you can work out or perform a task.

Within DDPY, an example of Muscular Endurance would be the length of time you work out or how long you can hold a lunge or plank position. Muscular Endurance is essential in day-to-day life for tasks such as walking and carrying items of reasonable weight for a more extended period.

The benefits of Muscular Endurance:
Better bone and joint health, decreasing the risk of Osteoporosis.
Prolonging muscular fatigue reduces the risk of injury.
Boosted metabolism, burning calories for more extended periods.
Decreased cardiovascular disease.
Lower Blood Pressure.

Time Under Tension, or as we call it, Dynamic Resistance, builds Muscular Endurance only using your own body. Take the bicep curl as a prime example. In DDPY workouts, we grip the fingers tight to the palm as if holding a dumbbell. Then we contract our bicep, but we do this slowly! The slower the contraction (3, 5, 10 count), the more time the bicep is Under Tension. Increasing the amount of time, a muscle is under contraction (Time Under Tension) and repeating this process 3-5 times per week with variations will increase Muscular Endurance.

Understanding How Muscles Function

You don't have to be an expert, but a basic understanding of how muscles function will help you guide others to understand Muscular Strength and Muscular Endurance better.

Muscle fibers are the specialized cells that make up our muscles. Their primary objective is contractability, and nearly all body movement results from muscle contraction.

The five rules of muscles:

- All muscles cross at least one joint.
- Typically, the bulk of the muscle lies proximal to the joint crossed.
- All muscles have at least two attachments: the origin and the insertion.
- Muscles can only pull, and they never push.
- During contraction, the muscle insertion moves toward the origin.

The three different muscle types:

- **Skeletal muscles** - These create movement in the body. There are nearly 700 skeletal muscles, and they make up about 40% of a person's body weight.
- **Smooth muscles** - These involuntary muscles line the walls of the blood vessels and viscera (organs in the abdominal cavity).
- **Cardiac muscles** - These cause the heart to contract and expand properly.

The five main functions of the muscular system:

- **Movement** - Skeletal muscles pull on bones creating movements at the joints. Skeletal muscles pull on the fibers in the face to make facial expressions. Respiratory muscles move to enable us to breathe.
- **Support** - Muscles in the abdominals (body wall) support our internal organs.
- **Protection** - Skeletal muscles, especially the abdominal wall, protects our organs and bones from impact.
- **Heat** - Heat is a waste product from muscle metabolism which helps us maintain a core body temperature of 98.6°F (36.5°C). Shivering is muscular action to warm a chilled body.
- **Blood Circulation** - Cardiac muscles (heart) contract to pump blood around the body.

The two categories of Skeletal Muscles:

- **Slow Twitch Muscles** – These muscles contract at a slow rate. They can also provide their own energy source, perfect for endurance activities like marathon running. They play a vital role in Aerobic Exercise. Plank, side plank, and single-leg balance moves are great ways to train slow twitch muscles.
- **Fast Twitch Muscles** – These muscles contract at a rapid rate. They are explosive, great for activities such as sprints, and they play a vital role in Anaerobic Exercise. Larger Fast Twitch Muscles take a short time to reach peak force and generate more force than Slow Twitch Muscles, but they're quick to fatigue compared to the Slow Twitch Muscles. Fast Twitch Fibers are responsible for the size and definition of that muscle.

Muscle Contraction Types:

- **Isometric** - A muscle contraction in which the length of the muscle does not change. In other words, a held position like an Alligator plank. The muscles don't actively move, but they engage and hold
  Examples: Plank or Alligator in DDPY, Wall Sit, Active Hang, Glute Bridge
- **Isotonic** - A muscle contraction in which the length of the muscle changes. Any movement of a joint causes an isotonic contraction of a muscle. A bicep curl is an isotonic contraction. For DDPY, any Dynamic Resistance movement is an isotonic contraction.
  Examples: Push Ups, Pull Ups, Crunches, Squats, Bicep Curls, DDPY DR Curls
- **Eccentric** - An isotonic contraction is where the muscle lengthens. Isotonic contractions are made up of eccentric and concentric movements. The eccentric part of a bicep curl is when you lower a dumbbell back to the starting point. In DDPY, think of when you lower yourself in a push-up.
  Examples: Lowering the Dumbbell in a Bicep Curl, Lowering in Squat
- **Concentric** - An isotonic contraction where the muscle shortens. The concentric part of a bicep curl is the lifting part of the curl. For DDPY push-ups, the concentric movement is the pushing up from the bottom position.
  Examples: Lifting the Dumbbell in a Bicep Curl, Standing back to top of a Squat
- **Isokinetic** - We use this term to describe a Dynamic Resistance movement that is both concentric and eccentric (isotonic) with a slow pace.

4. FLEXIBILITY

Flexibility training is one of the most undervalued and neglected areas of physical exercise. Flexibility Training can help reduce pain, increase range of motion in targeted areas, improve posture and balance and increase overall physical performance. Flexibility is a significant factor in overall physical health. That's why DDPY has flexibility training built into every workout.

The three main types of Flexibility Training:

- **Static Stretching** – Post workout – Holding a particular stretch or position for an extended period without movement, allowing your muscles to loosen up while increasing flexibility and range of motion. Static Stretching post-workout can help reduce Delayed Onset Muscle Soreness (DOMS) and speed up recovery.
- **Dynamic Stretching** – Pre-workout – Dynamic Stretching can either mimic movements about to be used (like a swimmer moving their arms in a swimming motion) or be a series of movements before exercise like walking lunges or leg swings. These are examples of good stretches that don't force the body through unnatural movements. Some dynamic stretching routines request that you bounce in a position to increase the range of motion, which is not a great way to move the body and can cause unnecessary injury.
- **Contract and Relax Stretching** - (Also known as Proprioceptive Neuromuscular Facilitation, or PNF) - A technique that pushes the muscles past their limit, generally using a trainer. While there are several variations of PNF Training, the most common is the Hold and Relax theory, where a muscle is pushed to its flexible limit while focusing on relaxing that muscle. After relaxing the muscle, it can be moved further than its original limit.

Testing Flexibility and the DDPY 6 Pictures

There are several ways to measure flexibility to see improvements. Popular lower body tests are the Fold Forward (Toe Touch) and the Sit and Reach test. For the upper body, the Back Scratch (can both hands touch in the middle of the back) or the Shoulder Stretch (can you put both hands together behind the back).

In DDPY, the stretches needed for a person's original six pictures are the simplest way to measure flexibility improvements.

- **Standing Face Forward** – Shows postural changes as well as weight loss.
- **Standing Side On** – Shows postural changes as well as weight loss.
- **The Catcher position** - Shows increased flexibility in the hip, lower back, quads, calves, and knee flexibility.
- **Fold Forwards** - Shows any increase in hamstring and lower back flexibility.
- **Seated Fold Forwards** - Shows any increase in hamstring and lower back flexibility.
- **Roundhouse Kick** - Not only shows hamstring flexibility, but it also demonstrates balance improvements.

5. BODY COMPOSITION

Body Composition describes the percentages of fat, bone, and muscle in the human body, revealing how much of your body weight is lean mass vs. fat.

> **Lean mass** includes muscle, bone, water, organs, and other tissues within the body—basically, everything in the body apart from fat.

Body composition is an excellent indicator of health, more so than measuring overall weight. Since we know that too much fat can cause disease, understanding the lean mass-to-fat ratios can give us a complete picture.

There are several ways to measure Body Composition. The simplest and least accurate is the Skinfold Test. Other tests, like Bioelectrical Impedance Analysis (BIA), Hydrostatic Weighing, Air Displacement BodPod, and DEXA Scan, are more accurate, but only BIA is possible to be performed at home. You can purchase a BIA machine for between $30-$80.

There are a few differing thoughts on preferred body fat percentages depending on location, medical specialists, age, and gender. However, a baseline would be as follows:

Men
Athlete: 8-12% body fat
Fit: 12-18% body fat
Average: 19-24% body fat
Above Average: Higher than 25% body fat

Women
Athlete: 14-20% body fat
Fit: 20-24% body fat
Average: 24-30% body fat
Above Average: Higher than 30% body fat

Improving Body Composition can be done by tracking your daily calories, eating clean, and exercising to burn fat and build muscle mass. Consistency with your nutrition and exercise is critical in reducing your unhealthy body fat percentage.

TESTING FLEXIBILITY

Weight Loss vs. Fat Loss

When starting a fitness program, many people focus on losing weight, even targeting a specific body area. But losing weight is an OVERALL body change and focusing on the scale is not a productive method of measuring success. Your focus should be on losing fat rather than weight.

We ask that people take the six pictures we recommend, body measurements, and initial weight to get a better view of success. It's recommended that follow-up photos, measurements, and weight are logged monthly.

Within the first few weeks, it's not unusual for someone to lose a large amount of body weight. This loss is typically a combination of water weight and inflammation being removed from the body. Once losing this initial weight, you should expect to lose up to 1% of your body weight per week. 1% is a steady rate of weight loss and does not put the body under too much stress. Stressing the body by working out too often and not giving it enough fuel or recovery time can result in poor results, muscle loss, or injury.

Losing body fat doesn't happen the same way for everyone. Bodies will be different, and so will goals. If someone wishes to focus on losing belly fat, there is no silver bullet. Body fat will drop from everywhere with consistency over time.

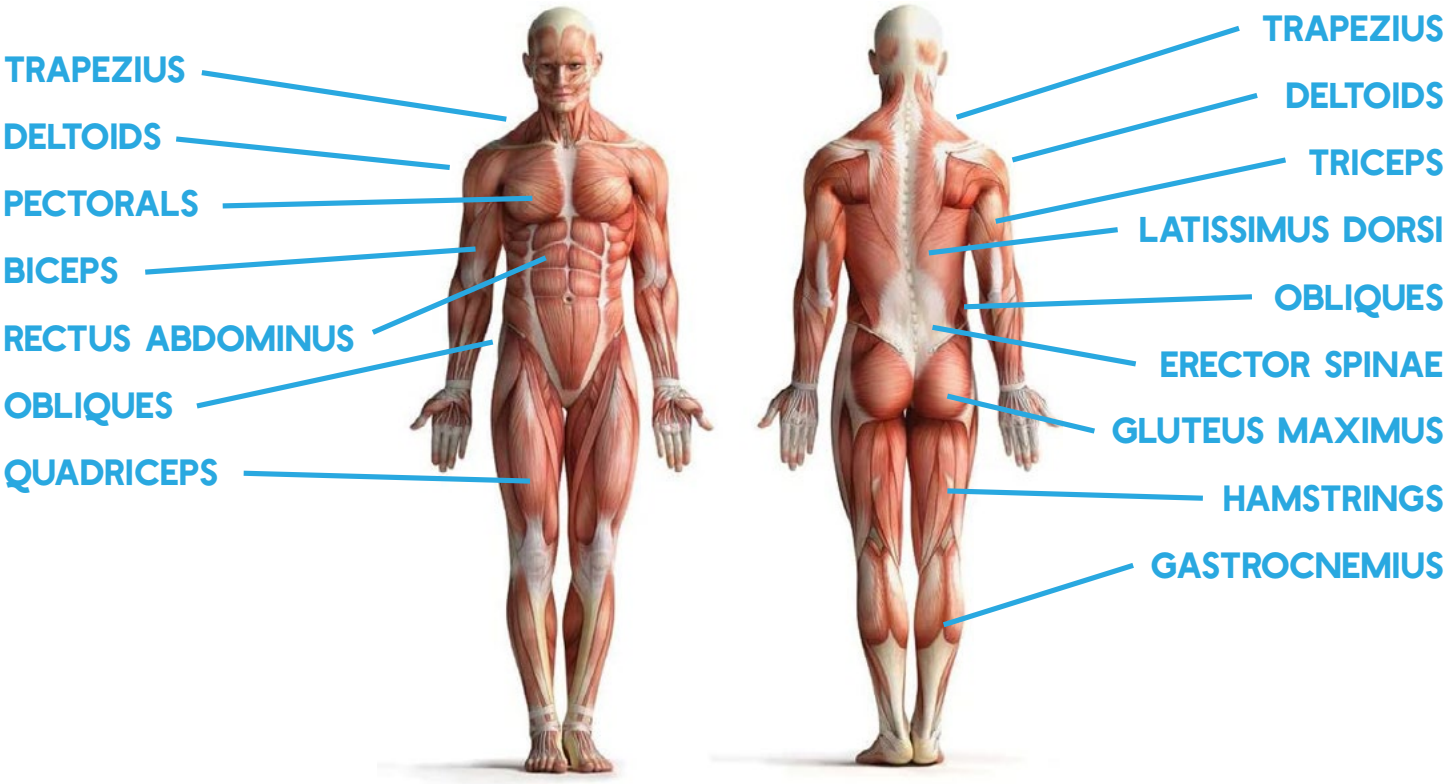
Use monthly weigh-ins, measurements, and picture updates to judge progress.

Day 1	**MONTH 3**
Six pictures	Six pictures
350lbs	315lbs (35lbs loss, 10% of your starting weight)
Chest 50”	Chest 47”
Waist 62”	Waist 52”
Hips 64”	Hips 52”
Bicep 20”	Bicep 18”
Thigh 28”	Thigh 22”

This example shows a 35lb loss overall, but we can also see a gain in muscle mass on the chest, arms, and legs and a body fat loss from the waist and hips. The pictures will show the results visually and create valuable inspiration and confidence.

ANATOMY

Understanding basic anatomy is important for all coaches and instructors. Knowing the major muscles in the body and how they function will help us all guide our clients more effectively.



Trapezius
Largely engaged in the movement of the shoulders and neck.
Concentric – Lifting shoulders, shrugging upwards.
Eccentric – Lowering shrugged shoulders.

Key DDPY Movements – Touchdown, Superstar, Road Warrior 1 and 2, Down Dog, DR Rows.

Deltoids
Protection for the Shoulder joint - responsible for the rotation of the upper arm from the shoulder.
Concentric – Raising arms shoulder height or above, from the side or front.
Eccentric – Lowering arms back to a starting position.

Key DDPY Movements – Touchdown, Superstar, Road Warrior 1 and 2, DR Rows, Push Ups, Shoulder Rolls, and Side Planks.

Pectorals
Movement of the arm, pulling on the Humerus to rotate the arm forward.
Concentric – Pushing up from the floor into Cobra.
Eccentric – Lowering to the ground from Cobra.

Key DDPY Movements – Diamond Cutter, Cobra, Push Ups, DR Flyes, DR, and Quick Twitch Punches.

Biceps
Responsible for lifting and lowering the forearm.
Concentric – Lifting a dumbbell to complete a curl.
Eccentric – Lowering a dumbbell to starting position of a bicep curl.

Key DDPY Movements – DR Rows, DR Curls, Show Stoppers, and DR Punches.

Triceps
The primary muscle involved in extending the elbow.
Concentric – Extending the forearm down or forwards.
Eccentric – Raising the hands to shoulders in either rotation of the hand.

Key DDPY Movements – Diamond Cutter, Push Ups, Down Dog, and Cobra.

Abdominals
The primary support for the body. The deeper abdominals stabilize your internal organs and support the spine. They make up your 'Core.'
Concentric – Crunching upwards in a sit-up.
Eccentric – Lowering the shoulders back to the ground from a crunch position.

Key DDPY Movements - Diamond Cutter, Push Ups, Lunges, Road Warriors, Broken Table and balance positions for stabilization, all Red-Hot Core movements.

Obliques
Help with rotation of the torso giving extra support to the sides of the abdominal wall.
Concentric and Eccentric – As one side leans across and contracts, the other side extends.

Key DDPY Movements - Side Bends, Twisting Lunge, Triangle, and Twisting Triangle.

Latissimus Dorsi
The wide back muscles, known as "Lats," work with the pectorals to rotate and control upper arm movement.
Concentric – Pulling something, either overhead (Lat Pulldown) or from the front (Wide Row).
Eccentric – Pushing something, either overhead or from the front.

Key DDPY Movements – Touchdown to Diamond Cutter, Push Ups, DR Rows, DR Punches, Broken Table with and without Crunches.

Erector Spinae
The muscle group running up either side of the spine, keeping the back straight and helping with rotation of the spine.
Concentric – Bending backward will contract these muscles.
Eccentric – Folding forwards will lengthen these muscles.

Key DDPY Movements – Touchdown, Diamond Cutter, Bent, and Stiff Legged Bar Back, Folding Forwards, Cobra, Down Dog, Twisting Lunge, Triangle, Twisting Triangle,
Safety Zone, Bridge, Cannonball, Easy and Deeper Twist.

Hip Flexors – iliacus, psoas, pectineus, rectus femoris, and sartorius.
Responsible for moving the hip in all directions and connecting the upper body to the lower body.
Concentric and Eccentric – Lifting and lowering the leg from the hip joint will cause some muscles to contract and others to extend. Without getting too detailed, each movement of the hip will affect each other these muscles separately.

Key DDPY Movements - Diamond Cutter, Cobra, Lunge (the back leg will particularly be targeted in the front of the hip), Road Warriors, Banana Splits, Can Opener, Seated Bat, Figure 4, Dead Bug, HPS, Flying V.

Glutes
Gluteus Maximus, Gluteus Medius, and Gluteus Minimus help lift and lower the thigh and support the hip joint with Adduction and Abduction.

Concentric – Lifting from the bottom of a squat.
Eccentric – Lowering into a squat position.

Key DDPY Movements - Bent and Stiff Legged Bar Back, Catcher, Lunge positions, Road Warrior 1 and 2, Can Opener, Cannon Ball, Bridge, Figure 4, Easy and Deeper Twist.

Piriformis
Small muscle helping with hip rotation and posterior pelvis movement. A primary culprit for Sciatica.

Concentric – Pulling your legs wide.
Eccentric – Bringing your legs together.

Key DDPY Movements – Bent and Stiff Legged Bar Backs, Speed Skater, Twisting Lunge, Can Opener, Figure 4.

Quadriceps
A group of four muscles whose primary job is to bend the knee.

Concentric – Lowering into a squat.
Eccentric – Lifting from a squat to standing.

Key DDPY Movements – Catcher, Lunge positions, Knee Droppers, All Balance positions challenge the quads isometrically.

Hamstrings
Works opposite the quadriceps and the hamstrings to mainly straighten the knee.

Concentric – Folding forward.
Eccentric – Coming to a standing position from a forward fold.

Key DDPY Movements – Bent and Stiff Legged Bar Back, Catcher, Lunge positions, Knee Droppers, Standing Split, Road Warrior 1, 2, and 3, Banana Splits.

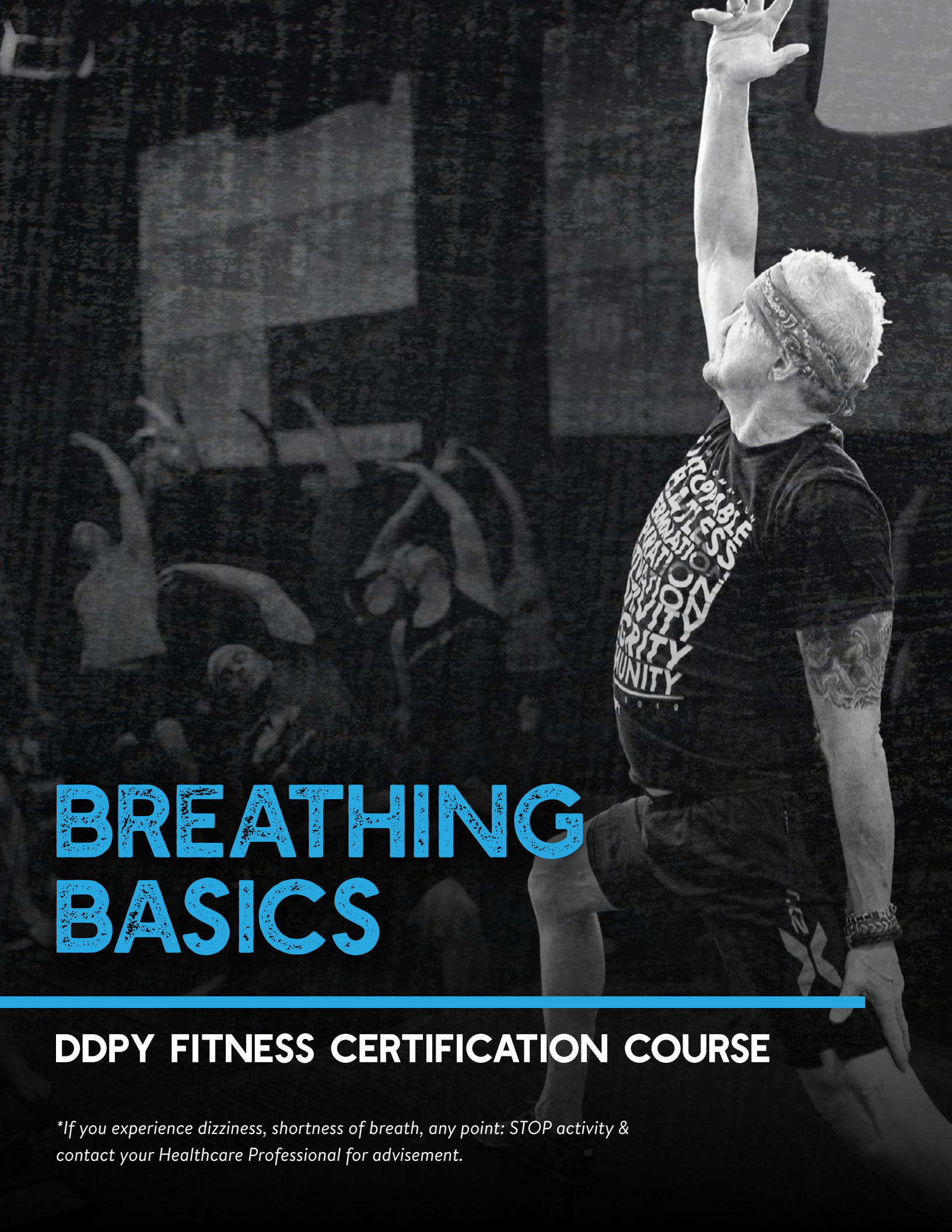
Gastrocnemius and Soleus – Calf Muscles
Both calf muscles support standing, flexing and extending the foot, and moving you forward when you walk or run.

Concentric - Lifting on tiptoes, like a calf raise.
Eccentric - Lowering the heel lower than the toes for a calf stretch.

Key DDPY Movements - Fold Forwards, Calf Raises, Lunges (focusing on the back leg, toes gripped and heel up), Balance positions for Isometric strength, Banana Splits.

Iliotibial Band (ITB)
Although this is not a muscle, it is an area that benefits from DDPY. The ITB is a long, thick fascia that runs outside the thigh, and its primary function is to support posture and stabilize the pelvis.

Key DDPY Movements - Side Bends, Twisting Lunge, Triangle, Twisting Triangle, and Can Opener.

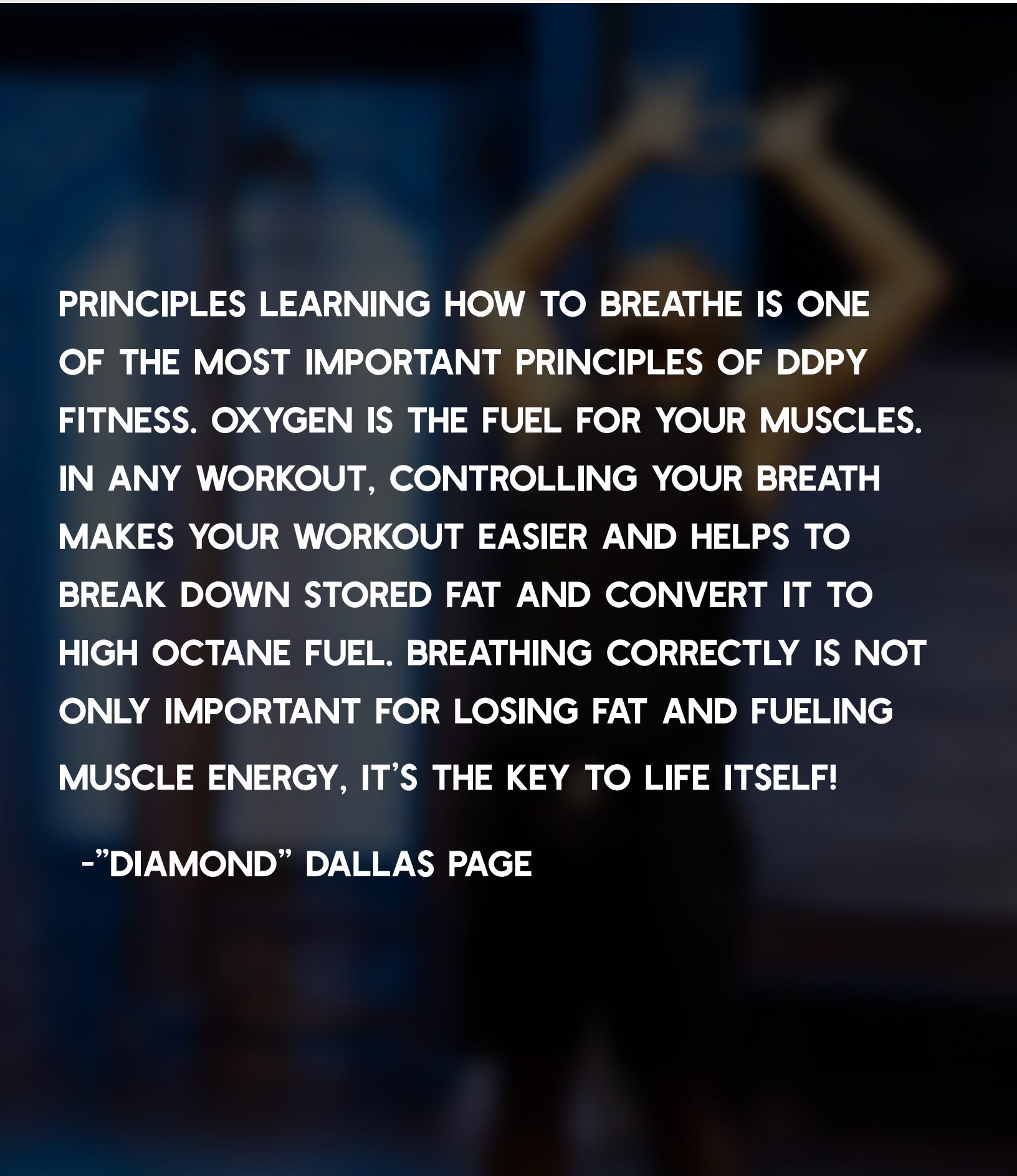


BREATHING BASICS

DDPY FITNESS CERTIFICATION COURSE

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

THE VALUE OF BREATH



PRINCIPLES LEARNING HOW TO BREATHE IS ONE OF THE MOST IMPORTANT PRINCIPLES OF DDPY FITNESS. 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'S THE KEY TO LIFE ITSELF!

-"DIAMOND" DALLAS PAGE

PROPER BREATHING

Learning how to breathe is one of the most important principles of **DDPY FITNESS**. 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.

DDPY FITNESS 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 must 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.

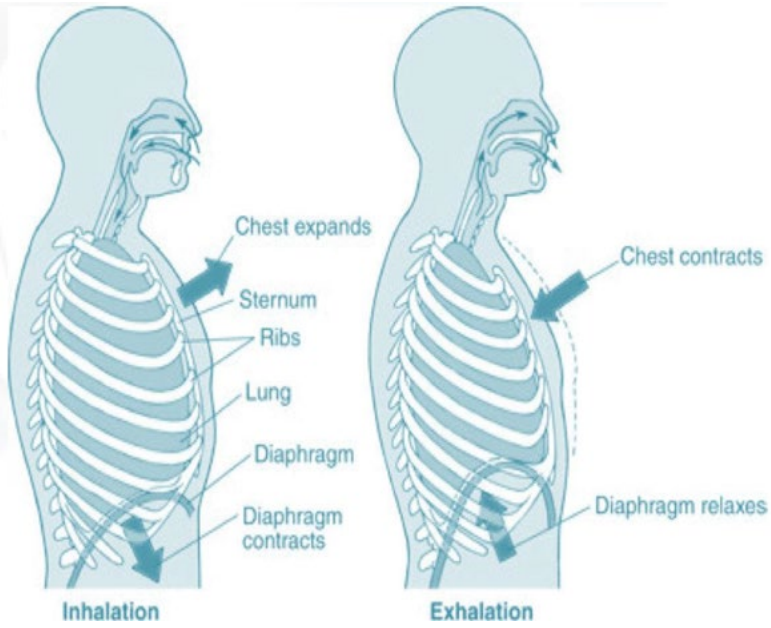
You will learn all of this in the DDPY FITNESS APP or the DVD series.

-"Diamond" Dallas Page

BREATHING EXERCISE

DDPY Fitness Breathing Exercise:

- 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)



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

DID YOU KNOW...

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

THE SCIENCE OF BREATHING

IMPROVING BLOOD OXYGEN LEVELS

Your body must 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 helpful to everyone, especially those who exercise. Learning how to breathe is one of the most important principles of DDPY FITNESS. 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 key to losing fat and fueling muscle energy

- "Diamond" Dallas Page

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

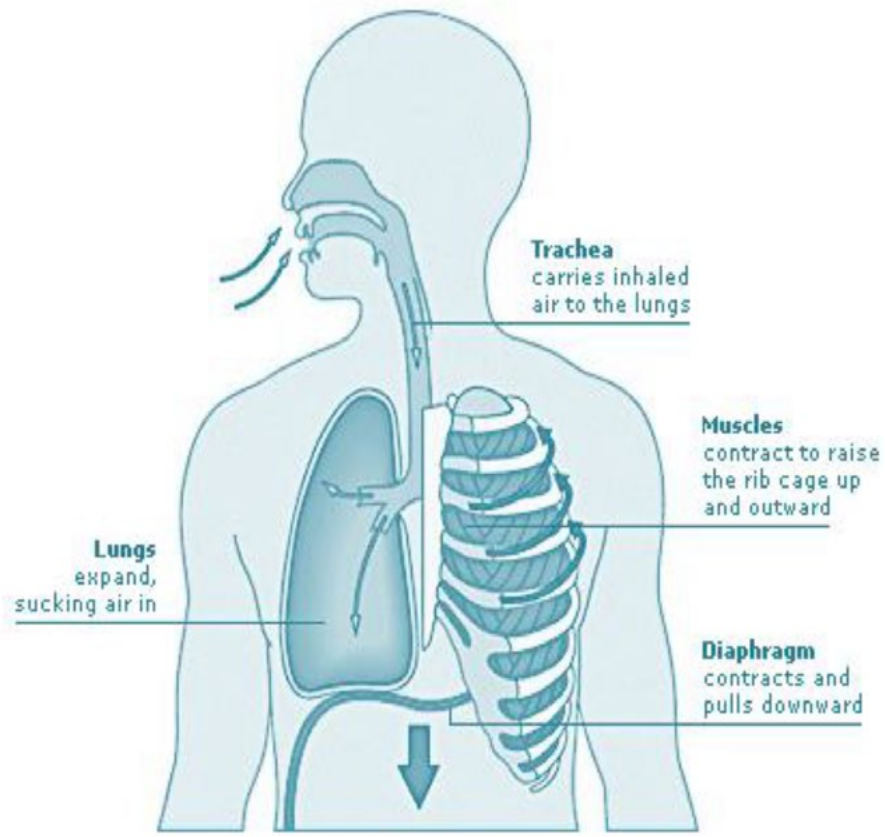
DID YOU KNOW...

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 a 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 does occur.

HOW TO 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.



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

DID YOU KNOW...

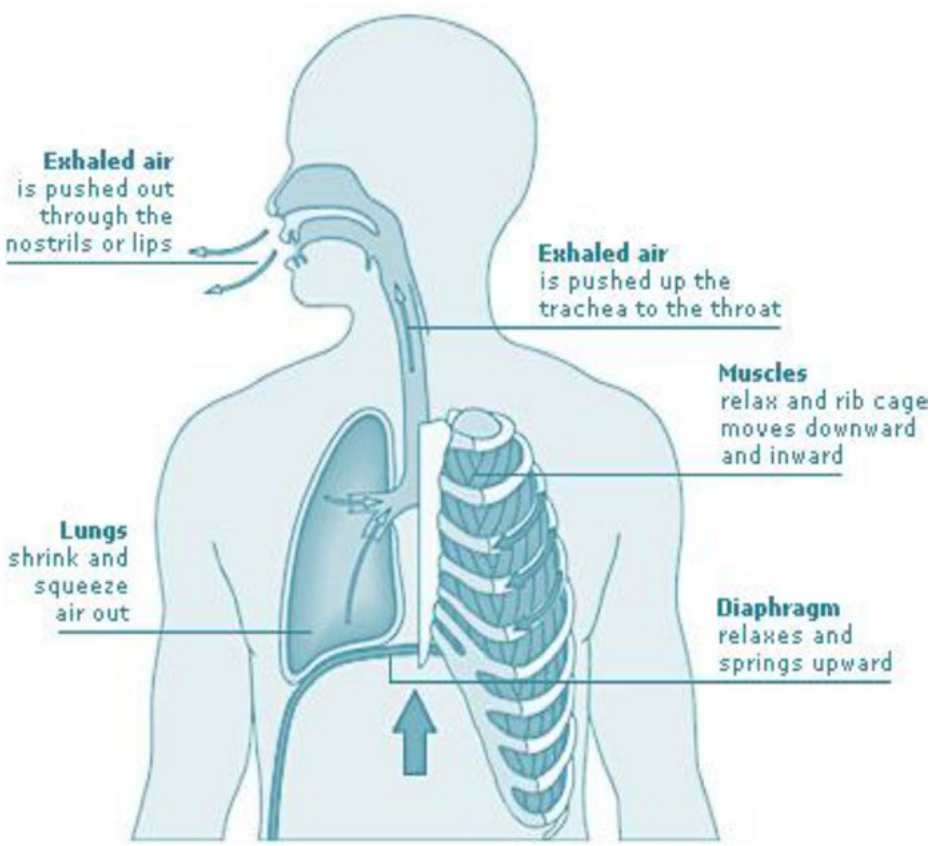
DDPY recommends setting breathing goals. Take deep breaths, like you are blowing up a balloon, and start counting to a goal. Inhale 1-2-3-4-5 and exhale 5-4-3-2-1.

HOW TO 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.



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

DID YOU KNOW...

DDPY breathing goals allow you to CONTROL your energy and intensify or reduce your output.

BREATHING PHILOSOPHY

Controlling your breath is the key to life!

With your breath, YOU control how you:

- React
- Adapt
- Take action

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

DID YOU KNOW...

DDPY recommends that you 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.

THE DDPY FITNESS 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

DID YOU KNOW...

DDPY recommends that you 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.

#1 | IGNITION INTO TOUCHDOWN

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY Cues:

- Step up to the front of your mat, Feet hip distance apart
- Grip the toes, Flex the quads, Flex the Glutes, Tuck the Tailbone, 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

#2 | DIAMOND CUTTER

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY Cues:

- Step up to the front of your mat
- Grip the toes, Flex the Quads, Flex the Glutes, Tuck the Tailbone, thumb and index fingers together, pull your pinkies away from each other.
- 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)

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY Cues:

- Huddle Up
- Hands on your Quads, Elbows In, Shoulders Back, Turn your Tailbone Up, Push the Spine Long
- Deep Breath In (lift torso), Exhale Fold Forward
- Repeat
- (Same Call for Straight Legged Bar Back)

#4 | CATCHER INTO THUNDERBOLT

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY 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

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY Cues:

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

#6 | SLOW BURN PUSH-UPS

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY 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

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY 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

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY 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

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY 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

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY 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

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY 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

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY 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

What Body Parts are working?:

How?:

What is the breath cycle:

What are the benefits of this exercise?:

Cues:

Notes:

DDPY Cues:

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