



# FASTTRACK COACHING GUIDEBOOK

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**THE TRANSFORMATION COACHING  
PROGRAM THAT CHANGES LIVES.**

This is the comprehensive guidebook for DDPY FastTrack Coaches. Inside you'll find all the information you'll need to guide someone through a transformational journey for their body and mind, helping them Own Their Lives.



# TABLE OF CONTENTS

<b>DDPY FASTTRACK COACHING</b>	<b>04</b>
<b>Introduction to DDPY FastTrack Coaching</b>	<b>05</b>
What is DDPY FastTrack Coaching?	
What is a DDPY FastTrack Coaches Role?	
<b>Becoming Certified as a DDPY FastTrack Coach</b>	<b>08</b>
Written Test	
Practical Test	
Personal Interview	
Types of Certification	
DDPY Fitness Instructors and DDPY FastTrack Coaches	
<b>DDPY FASTTRACK PROGRAM DESIGN</b>	<b>10</b>
<b>Fitness</b>	<b>11</b>
DDPY Workouts	
Selecting a Workout Program	
Workout Programs	
The Fundamentals of Fitness	
The Five Major Components of Fitness	
Cardiovascular Endurance	
Muscular Strength	
Muscular Endurance	
Flexibility	
Body Composition	
<b>Nutrition</b>	<b>30</b>
DDPY Philosophy	
A Coach's Role in Nutrition Guidance	
Understanding Caloric Deficit	
How the DDPY Nutrition Program Works	
DDPY Nutrition Levels	
Level 1	
Level 2	
Level 3	
<b>Mindset</b>	<b>32</b>
Developing Trust	
DDPY Inspirational Content	
Know the Needs of Your Clients	
Assessing Mindset	
The Basic Principle of Change	
Client Assessment Meeting	
Dealing With Relapse	
Mental Obstacles	



# TABLE OF CONTENTS

## COACHING TOOLS

Client Assessment Worksheet

The List

A Letter to My Younger Self

The DDPY Fitness APP

Accessing Your Clients DDPY App

General Communication Techniques

Recommended Communication Tools

Coaching Time Frames

36

37

38

38

39

39

40

42

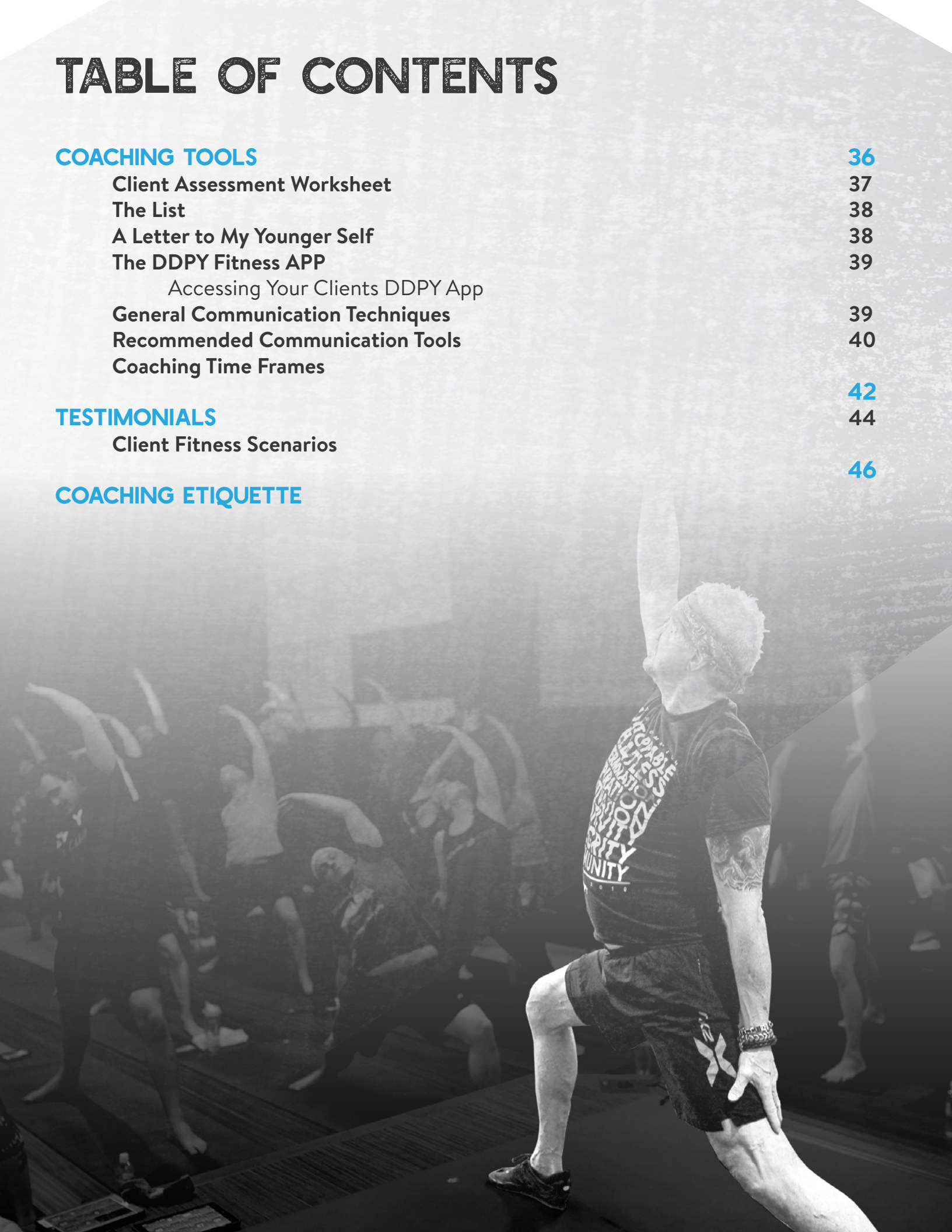
## TESTIMONIALS

Client Fitness Scenarios

44

## COACHING ETIQUETTE

46







# DDPY FASTTRACK COACHING





# INTRODUCTION TO DDPY FASTTRACK COACHING

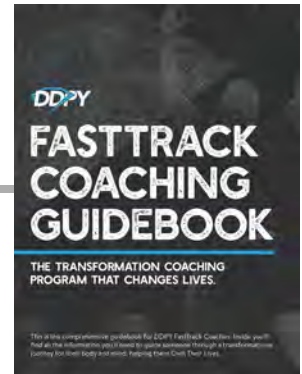
## A NEW TRANSFORMATION COACHING PROGRAM

Has DDPY changed your life? Do you wish you could help others unlock the potential in their lives just like you have? If so, the DDPY FastTrack Coaching Program was created specifically for you. Helping people transform their lives is what drives our company every day and we want to empower you to do the same. You CAN help others Own Their Lives.

# WHAT IS DDPY FASTTRACK COACHING?

DDPY FastTrack is a premium service aimed at individuals who need more hands-on guidance than our DVDs, or DDPY App can provide. It's a way for us to connect the most successful and passionate people in our community with those still struggling to find their way. It just made sense to us: Empower those who have had the most success with DDPY to help others.

**NOW EVERYONE WILL HAVE A NEW LEVEL OF DDPY FITNESS TO CHOOSE FROM.**



A DDPY FastTrack Coach will focus on people who see the value of investing more into their transformation to increase their success rate. It's an added level of one-on-one coaching to our DDPY program that has traditionally been self-guided. We know many of you are already helping others, which is awesome! As a coach, you can be even more effective with the full support of DDPY and get paid in the process!

To become an official DDPY FastTrack Coach, you need a thorough understanding of the DDPY fitness program and the transformation process. It's not just about the workouts; it's also about proper nutrition and positive mindset.

This guide has been built on the insight we've gained after decades of working with others on physical and mental transformations. It offers the foundation you need to become a Coach. While we want every coach to use their own experience and style to help others, we want to ensure a level of consistency from DDPY that will maximize a client's results!





## WHAT IS A DDPY FASTTRACK COACH'S ROLE?

Think of yourself as a transformation tour guide. The DDPY FastTrack Coach's primary responsibility is to help clients maximize their results with the DDPY Program. You're focused on their physical and mental transformation above all else. As a coach, you'll help others choose the proper DDPY workout schedule, recommend classes and instructors, offer accountability, and provide a constant source of positive encouragement.

Most coaches will not be certified to give nutritional advice, so we provide dietitian-designed meal plans and guidance that will allow coaches to help clients eat healthy as part of their transformation without needing specific dietary recommendations.

Coaches won't be required to teach DDPY classes with clients, but if you are a certified DDPY instructor, you have a unique ability to combine coaching with one-on-one classes and instruction.



# BECOMING CERTIFIED AS A DDPY FASTTRACK COACH

To become an official DDPY FastTrack Coach, you must pass two primary test components.

## 1. Written Test

This evaluates your knowledge of the DDPY Fitness Program, the DDPY App, and the fitness fundamentals outlined in this study guide. You should be prepared to know your limitations as a Coach and the conduct expected of you.

## 2. Practical Test

This will involve a case study you submit that outlines how you help someone else through their transformation journey. This journey should be a 90-day period and demonstrate your understanding of the transformation process and your ability to document a client's progress.

**The overall certification process will take most individuals 3-4 months to complete due to the practical test requirements.**

## PERSONAL INTERVIEW

Each Coach will also take part in a personal interview with DDPY leaders. We want to know you well and support you in any way we can to be successful. The personal interview will help us understand your desire to Coach a little deeper.





## TYPES OF CERTIFICATION

### TRANSFORMATION COACHING

For those who wants to help transform lives but not lead workouts.

### LEVEL 1 & 2 INSTRUCTOR

For those who what to focus on Fitness only and lead workouts.

### TRANSFORMATION COACHING & INSTRUCTOR

For those who want to help Transform lives and also lead workouts.

## DDPY FITNESS INSTRUCTORS AND DDPY FASTTRACK COACHES

There is a difference between DDPY Fitness Instructors and DDPY FastTrack Coaches. Not every Instructor is a Coach. Instructors are focused on fitness, teaching, and leading DDPY workouts. Coaches are focused on guiding clients to life transformations through Fitness, Nutrition, and Mindset.

DDPY works, guiding thousands of lives with our life-changing philosophy. Coaches will guide clients through the full DDPY Program understanding the Fitness, Nutrition, and Mindset all work together the transform lives.

A man is performing a handstand in a gym. He is wearing a black t-shirt with "DDPY" and "WINE + LIMEADE" on the sleeve, black shorts with "WINE + LIMEADE" on the back, and a black wristband with "DDPY" on his right wrist. He is holding a blue towel in his right hand. The background is a blue wall with a bright light source in the upper right corner.

# DDPY FASTTRACK PROGRAM DESIGN

The DDPY Fitness Program transforms lives by focusing on three areas:  
**Fitness, Nutrition, and Mindset.**

These three areas work together to improve whole health and transform lives. It's important to remember that all three of these areas are equally important. This section will give you what you need to know within each area to begin transforming lives!



# FITNESS

## DDPY WORKOUTS

We strongly recommend that all coaches go through each workout program on the DDPY app to gain an understanding of how each program is structured and what would be suitable for each client.

## SELECTING A WORKOUT PROGRAM

The DDPY Program was designed to be accessible to everyone, regardless of age, fitness level, or ability. We emphasize modification and making the program your own. Because of how accessible the program is, it can be tricky sometimes to figure out where to start. Here's a quick breakdown of our current programs and the ways to get started with them.

**Please note that we strongly encourage clients to consult with their physician or a medical professional before beginning DDPY Workouts.**

## WORKOUT PROGRAMS

DDPY workouts include a combination of yoga positions, old-school calisthenics, sports rehabilitation therapy, and dynamic resistance to give you an unmatched full-body workout increasing flexibility, strengthening muscles, ligaments, and tendons, and improving core stability and strength.



### YOGA POSITIONS

To increase flexibility, balance, and range of motion

### OLD-SCHOOL CALISTHENICS

To strengthen small and large muscle groups



### SPORTS REHABILITATION THERAPY

Increase heart rate, burn calories, and strengthen muscles

### DYNAMIC RESISTANCE

To stretch and strengthen ligaments and tendons





Each DDPY workout is designed for a specific ability level, so you can always find something that works for your client’s level. You can also use one of our workout plans, designed by our certified trainers, to guide your client and maximize results.

When trying a new workout for the first time, ask the client to give you feedback; was it too hard/easy? Did they like the instructor? Any positional issues? This info will help you guide and educate the client or even change the workout plan to better suit where they are physically.

REBUILD: Bed Flex	REBUILD: Chair Force	REBUILD: Stand Strong
A perfect starting point if you’re injured, have trouble sitting or standing upright, are recovering in bed, or just haven’t been active for a long time. Each Bed Flex workout increases flexibility, loosens joints, and strengthens your core muscles to make sitting up easier.	If you struggle with balance or have trouble standing for long periods, start with Chair Force. While seated in a chair, you’ll get your legs and upper body moving with stretches and Dynamic Resistance. You won’t go down to the ground in this program. Chair Force is ideal for anyone with severe knee injuries who cannot be on all-fours.	Stand Strong focuses on your balance using a chair while standing for added stability. It’s based on the techniques used by Arthur Boorman as he transitioned from canes and leg braces. Stand Strong is the gateway to our Beginner program for those with limited mobility.
<p>Bed Flex is recommended for people who agree with any of these statements:</p> <p>“My current injury/activity level means I spend most of the day in bed or lying down.”</p> <p>“I have trouble sitting for long periods.”</p> <p>“I cannot stand up for more than 5 minutes at a time.”</p>	<p>Chair Force is recommended for people who agree with any of these statements:</p> <p>“I spend most of my time seated due to an injury, illness, or physical condition.”</p> <p>“I cannot stand for long periods, but I can walk short distances with support.”</p> <p>“I have limited strength in my lower body.”</p>	<p>Stand Strong is recommended for people who agree with any of these statements:</p> <p>“I am mobile with support.” (walker, cane, etc.)</p> <p>“I struggle to get to the floor and back up again.”</p> <p>“My balance is limited, and I am not stable standing still.”</p>



DDPY Beginner	DDPY Intermediate	DDPY Advanced	DDPY Custom
DDPY Beginner is designed for EVERYONE and is where we suggest you start unless you have severely limited mobility. In Beginner, you'll learn the Diamond Dozen positions that make up the core of each workout.	If you've been an active person or completed DDPY Beginner, DDPY Intermediate will provide you with a good challenge. With DDPY Intermediate, you'll continue building strength and toning those muscles.	Ready for a challenge? DDPY Advanced will make you stronger, more flexible, and more capable. If you've already completed the DDPY Beginner and DDPY Intermediate, it's time to move to the next level. This plan is excellent for athletes or anyone already in good physical shape.	In some instances, you may want to create a Custom 13-Week program with the Custom Plan Schedule in the app. This option gives you a blank 13-week schedule so you can plan workouts in advance or have them added as they are completed. Note: If you do wish to use a Custom Program, you will want to apply the Fundamentals of Fitness
<p>Beginner is recommended for people who agree with any of these statements:</p> <p>"I have injuries, but I can get around easily."</p> <p>"Getting from the floor to my feet is challenging, but I can do this."</p> <p>"I have never done yoga or a fitness program like this before."</p>	<p>Intermediate is recommended for people who agree with any of these statements:</p> <p>"I am in overall good physical health."</p> <p>"Getting from the floor to my feet is not a challenge."</p> <p>"I have done DDPY or a high-intensity fitness program before."</p>	<p>Advanced is recommended for people who agree with any of these statements:</p> <p>"I am in top shape physically, and I regularly exercise."</p> <p>"I am very nimble and flexible."</p> <p>"I have done DDPY or a high-intensity fitness program before, and I'm ready for a challenge."</p>	<p>DDPY Custom is recommended for people who agree with any of these statements:</p> <p>"I have completed all existing app programs."</p> <p>"I am using the DDPY Power Cuffs."</p> <p>"I have done DDPY or a high-intensity fitness program before and I'm ready for a challenge using the app's library of workouts not included in the programs."</p>

Positive transformation requires consistent physical activity. As a Coach, you'll make sure your client remains physically active while also helping them understand the basic fitness principles behind DDPY workouts.

## THE FUNDAMENTALS OF FITNESS

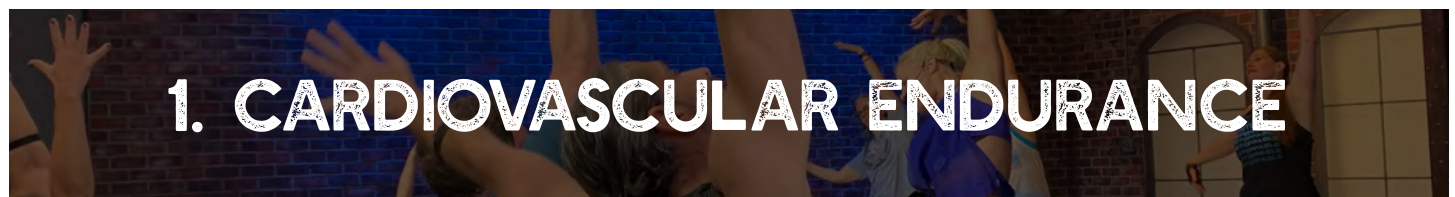
As a DDPY FastTrack Coach, you should understand physical fitness fundamentals to equip yourself better when explaining how DDPY fits into the fitness landscape. Let's start with the five major components of fitness.

### THE FIVE MAJOR COMPONENTS OF FITNESS

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



**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:

$$220 - \text{Current Age} = \text{Maximum Heart Rate}$$

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:

$$180 - \text{Your Age} = \text{Maximum Heart Rate}$$

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.





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

Six pictures  
350lbs  
Chest 50"  
Waist 62"  
Hips 64"  
Bicep 20"  
Thigh 28"

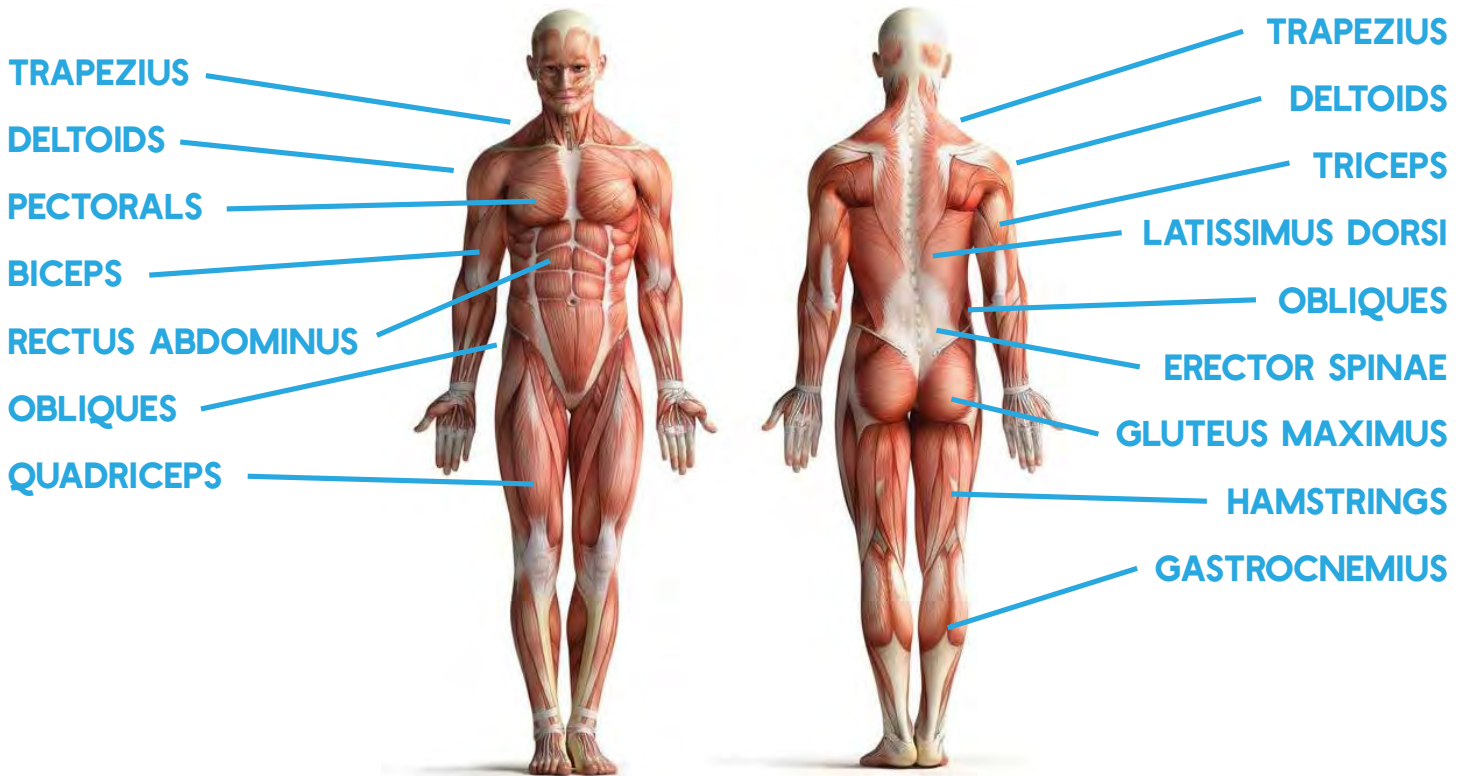
### MONTH 3

Six pictures  
315lbs (35lbs loss, 10% of your starting weight)  
Chest 47"  
Waist 52"  
Hips 52"  
Bicep 18"  
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.



# NUTRITION

## THE DDPY HEALTHY EATING PHILOSOPHY YOU CAN'T OUT-TRAIN A BAD DIET!

Alongside Fitness and Mindset, Nutrition is one of the three areas that make the DDPY Program so successful. Science has proven that these three areas work as equals to improve health and transform lives! Without a healthy and consistent diet, fitness and mindset always take a major hit.

That's why DDPY believes that the most effective healthy diet for any client is the one they're most likely to stick with for the long haul. A DDPY Coach is expected to guide clients to DDPY Nutrition content and help them find the right nutritional pathway that fits them.

## A COACH'S ROLE IN NUTRITION GUIDANCE

We don't expect our coaches to be nutrition experts, but you do need to understand the DDPY healthy eating philosophy to guide clients properly. For all the technical nutrition info, meal plans, recipes, etc., you'll be able to lean on DDPY as the expert.

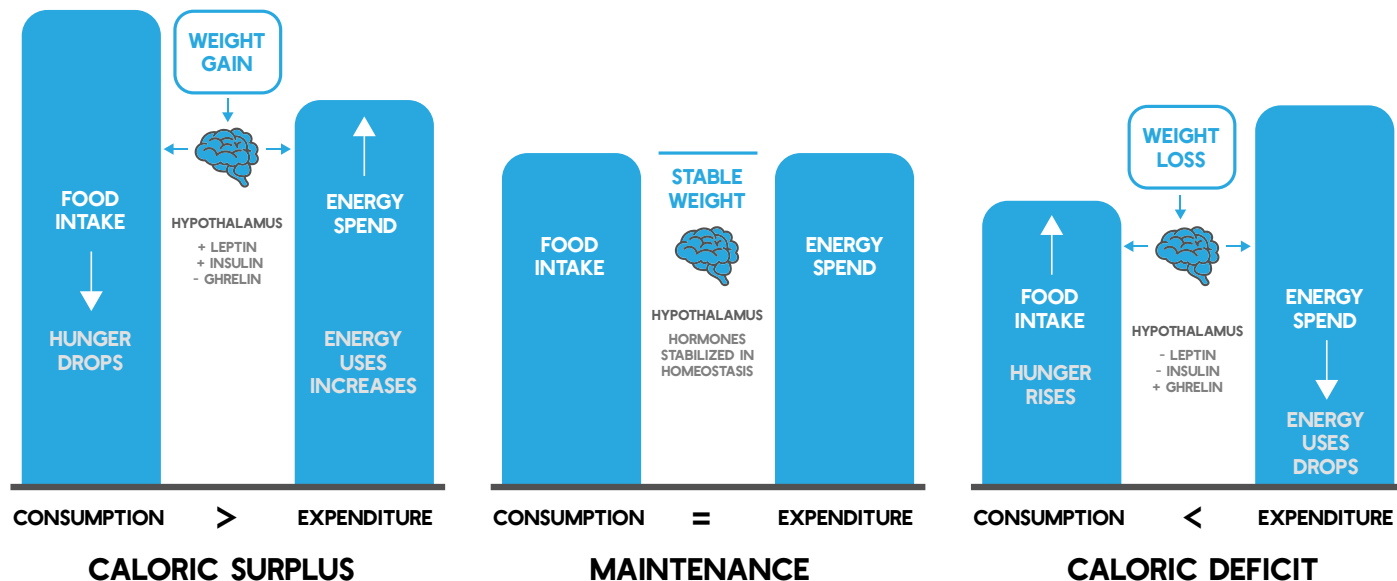
Your job as a Transformation Coach will be focused on holding clients accountable and encouraging them along the way. Of course, if you're a registered dietitian or nutritionist, you can follow the DDPY philosophy and chart your own expert, healthy eating path.

## UNDERSTANDING CALORIC DEFICIT

A calorie deficit is when you consume fewer calories than you burn. That's the goal when helping your client lose weight.

Coaches must understand the relationship between caloric intake and calories burned through activity. Even a healthy diet can keep your client from losing weight if they take in more calories than they burn—that's why Coaches need to guide clients to a successful calorie vs. activity balance.

We recommend using a program such as My Fitness Pal or Cronometer, which can be easily shared with your client. It's another tool to help them to stay within a healthy caloric deficit to meet their goals.



## HOW THE DDPY NUTRITION PROGRAM WORKS

We make it easy to eat healthy and change your life with three nutrition levels. This isn't a video game, so you're not expected to "finish" one level and move up. DDPY Nutrition Levels allow you to pick the level of diet and nutrition that works for you to lose weight, gain strength, and get healthy. Remember, DDPY is about making it your own.

As a Coach, you'll be helping clients find the DDPY Nutrition Level they can stick with for the long haul!

## DDPY NUTRITION LEVELS

Our DDPY Nutrition Levels offer basic dietary rules, healthy recipes, and meal plans, including alternatives for all eating lifestyles. Feel free to use our meal plans as a guide and help your client make it their own. Just stay within the DDPY Nutritional content and watch caloric deficit! Suggesting a Nutrition Level will depend on a client's eating habits and willingness when they start.

### DDPY NUTRITION LEVEL 1

DDPY Nutrition Level One is for anyone interested in a healthy, reasonable nutrition program to drop a couple of sizes, tone up, and improve energy. Don't be fooled. For most people, this will still be a major change. Help them embrace it! These guidelines will change their life, extend their longevity, improve their health, and make them feel better than ever! Level 1 is the place for you to start if your client struggles with their weight, is skeptical of diet plans, or hasn't tried to eat healthy before.

### DDPY NUTRITION LEVEL 2

DDPY Nutrition Level Two is for those who want to see incredible results and are willing to make a more significant commitment to achieving their goals. If your client is targeting their high school weight, wedding weight, or any other transformational benchmark, this is the level for them. They'll need to change their habits a little more, but they'll get WAY more in return. This level is more committed to real foods in their natural state than Level 1. You'll start with the foundations laid out in Level 1 and build into Level 2 by also eliminating all wheat and cow dairy.

### DDPY NUTRITION LEVEL 3

DDPY Nutrition Level Three is for athletes, health, and fitness fanatics. It's also targeted at those needing serious intervention to regain their lives and achieve results as quickly as possible. Level three is for anyone who wants to see results that aren't typical and is where DDP himself lives each day. It's a lifestyle. Level Three is entirely organic (whenever possible), plus we add food combining principles.



# MINDSET

## BECOME THE INSPIRATION

The mental transformation of your clients will be the most rewarding aspect of their success for any Coach. Instead of needing inspiration, you become the inspiration for others, guiding them to a positive and successful mindset.

Transformation isn't just a physical change. A strong positive mindset works in unison with physical activity to achieve transformation. Mindset determines our willingness to be uncomfortable, pushing us to do the work required to change. It determines how we react to setbacks, and it defines our outlook every single day.

As a Transformation Coach, you must be aware of your client's mindset, but also teach them to become more aware of it as well.

Throughout the coaching process, you should take specific steps to:

1. Identify your client's mindset patterns
2. Provide the right re-enforcement to help shape your client's mindset
3. Continually repeat this process.

## DEVELOPING TRUST

When starting with a new client, find out why they chose you as their coach. Don't do this to stroke your own ego, but to understand what makes them tick. Why do they think you have what it takes to help them? This insight will be useful when you're having trouble convincing your client to follow a specific direction.

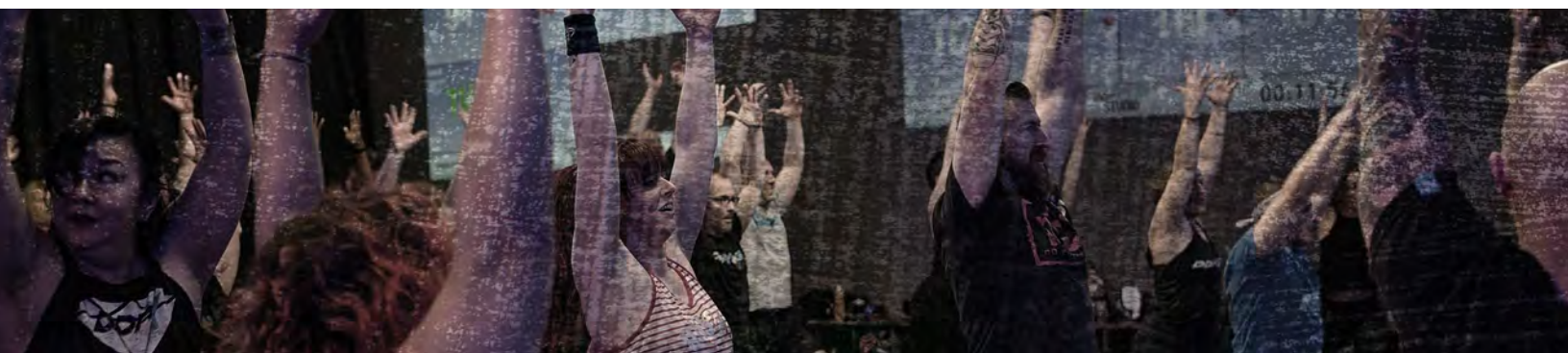
**Remember, early wins and positive reinforcement will help you build trust and inspire.**

## DDPY INSPIRATIONAL CONTENT

Use DDPY inspirational content to keep clients energized. Refer clients to testimonial videos, Motivational Mondays, and Fabulous Friday's content. DDP's Living Life at 90% lecture is an amazing tool that pushes mindset as the key to transformation. DDPY puts out new content every week so make sure to make it part of your Coaching routine.

### **DDPY Private Group**

If your client isn't already involved with the DDPY Private Facebook Group, make sure to get them there. This fan group is a key source of inspiration and mental strength for tens of thousands. Encourage them to get involved or at the very least follow the group daily.



## KNOW THE NEEDS OF YOUR CLIENTS

You'll find most people come to DDPY, not just for weight loss or injury recovery, but because they're looking for hope. And just like weight loss, muscle gain or pain relief, a mental transformation takes time and patience.

Many of our DDPY success stories point to the mental health aspect of our program.

- Self Confidence
- Improved Mood/Energy Levels
- Clear-Headedness
- Sense of Accomplishment

Your responsibility is to understand where your client is mentally and develop communication that leads them to success. Be understanding of their situation and their basic personality type.

Some people will respond to a more direct, almost drill sergeant approach to keeping them motivated and on track. Others will need a gentle guided approach that may include just convincing them that today they can manage to get on the mat and do a short workout. Either way, it is the Coach's job to be an effective guide.

## THE BASIC PRINCIPLES OF CHANGE

When assessing a client's mindset, it's helpful to be aware of the basic principles of change developed by James Prochaska.

**Precontemplation** - People in the Precontemplation phase aren't ready to change and, most likely, would not sign up for the program. They're in denial or have failed at this kind of change before.

If a potential client is in Precontemplation, compare the pros and cons of their current life and a transformed life. Use the DDPY inspirational tools to help guide the client to a positive mindset that's ready to change.

**Contemplation** - The client in the Contemplation phase will be on the fence. They'll see the positives but are stopped by negative excuses and is probably not ready to sign up for the program.

Coaches will need to identify barriers and work to overcome them in small, manageable ways. For example, if time is a concern for working out, explain that workouts only need to be 30 minutes per day. As their mindset changes activity can increase.

**Preparation** - A client in the Preparation phase may not have made the steps to start, but they're ready to make small, manageable changes to their life. They might be asking positive questions, showing signs of interest.

Help them understand the basic outline and benefits of the Fitness, Nutrition, and Mindset model of DDPY. Use DDPY inspirational content to move them to Action.

**Action** – A client in the Action phase is already doing things to improve their life with DDPY or another source. They might have already subscribed to the DDPY app and are looking for more or they've registered for the FastTrack program.

This client may even be a DDPY community member. The Coach's role is to provide an extra, personal push, providing accountability, guidance, and inspiration.

**Maintenance** – A client in the Maintenance phase wants to maintain new behaviors as long-term lifestyle changes. They understand the value of DDPY but still need to feel heard and supported.

A client in this phase of change still needs accountability, direction, and community interaction.

## CLIENT ASSESSMENT MEETING

Your client's mental transformation will include improved confidence, higher self-esteem, and improvements in everyday mood. As the Coach you'll be the person to instigate a lot of this change. But it all starts with the initial client assessment meeting.

Within the Client Assessment Meeting you'll ask a series of questions aimed at gauging the client's current mental health situation and their willingness to change and try new things.

## DEALING WITH RELAPSE

At any point a client can relapse back into an unhealthy lifestyle. It's important to let them know that this happens to everyone at some point and encourage them get back to it.

Relapse can happen due to any number of issues; a bad day at work, unsupportive friends and family, mental health issues (depression, anxiety etc.), or personal tragedy. Be positive and help them understand that 1 or 2 days of not working out and poor food choices isn't the end of the world.

That's what make the DDPY program different. We're pushing for permanent life changes, not quick fixes. That means failure will happen, but we push them to come out stronger on the other side. Coaching through this will require a gentle approach, and a lot of positive reinforcement.

Here are some things to try when relapse happens:

- Remind them of their "Why?"
- Review their SMACKDOWN goals
- Help them plan to start again (take small steps)
- Send them motivational content (A testimonial from the group or a motivational video from DDP)
- Remind them of the benefits of working out and eating healthy



## MENTAL OBSTACLES

A common issue when beginning is a barrage of self-doubt. This is usually a result of mental conditioning that they've experienced prior to this opportunity to change. A major way this presents itself is in self-deprecating humor and negative self-talk.

"I look horrible!"

"I'll never be able to do it."

"I totally suck at this."

"I'm too old."

"People will laugh at me if I share my progress."

"I can't eat that!"

Don't let it go! Point out these negative thoughts every time they're presented and replace them with positive affirmations. Over time, you'll see the negativity being trained out of your client.

"I can and do this."

"Challenging does not mean impossible."

"I'm getting stronger every day"

"Look at where I've come from."

"I'm making progress."

"I love the benefits of eating healthy"

One of your main roles as a Transformation Coach is to constantly pull your client into a positive frame of mind using great communication, a positive attitude, and DDPY inspirational content.





# COACHING TOOLS

We're here to support your success! That's why we've created a series of coaching tools that will help you transform the lives of you clients. We'll also be developing more tools to help as the program develops.



# CLIENT ASSESSMENT WORKSHEET

USE THIS WORKSHEET AT THE BEGINNING OF A CLIENT ENGAGEMENT

- Name
- Gender  
Male, Female, LGBTQ+
- Current Age
- Date of Birth
- Starting Height (We have a history of people gaining lost height, like Mick Foley)
- Starting Weight
- Current Resting Heart Rate - this should be measured while at a period of rest. Use a heart monitor on the DDPY app to help.
- Current Blood Pressure
- Do you have any injuries?
- Do you suffer from any conditions? (List any medical or other conditions that could affect your exercise or diet)
- Do you take any medications?
- Do you have any allergies?
- Do you drink alcohol? If yes, what is your weekly average consumption?
- Do you take any recreational drugs?
- Do you smoke? How many cigarettes/cigars per day?
- What are your goals?
- Where do you see yourself in the next 3 months?
- What do you struggle with? (ex: counting calories/Exercise/Time)
- What is your current diet?
- On average how many hours do you sleep per night?
- How often are you willing to workout/ What is your day-to-day schedule? (days a week/times per day/time of day)
- Are you willing to try new foods?
- Do you currently do any other form of exercise? (How often, days/times)
- Are you willing to be held accountable?
- Are you willing to try new workouts and different instructors?
- Are you willing to do The List?

DOWNLOAD PDF



## PLEASE ANSWER YES OR NO TO THE FOLLOWING STATEMENTS:

- My current injury/activity level means I spend most of the day in bed or lying down
- I have trouble sitting for long periods of time
- I am unable to stand up for more than five minutes at a time
- I spend most of my time seated due to an injury, illness, or physical condition
- I am unable to stand for long periods of time, but I can walk short distances with support
- I have limited strength in my lower body
- I am mobile with support (walker, cane etc.)
- I struggle to get to the floor and back up again
- My balance is limited, and I am not stable standing still
- I have injuries but I can get around easily
- Getting from the floor to my feet is challenging but I can do this
- I have never done yoga or a fitness program like this before I am in overall good physical health
- Getting from the floor to my feet is not a challenge
- I have done DDPY or a high-intensity fitness program before
- I am in top shape physically and I regularly exercise
- I am very nimble and flexible
- I have done DDPY or a high-intensity fitness program before and I'm ready for a challenge
- I have completed all existing app programs
- I am using the DDPY Power Cuffs
- I have done DDPY or a high-intensity fitness program before and I'm ready for a challenge using the app's library of workouts not included in the programs

## THE LIST

We recommend everyone starts their DDPY journey by doing The List. The List sets a good foundation of knowledge, understanding, and inspiration that will support your client for the long haul. Over the years, we've seen a higher success rate for those that start with The List.

We want you to know The List like the back of your hand so you can guide your clients through it just like DDP. Set your clients up for success – start with The List!

You'll find helpful tools in The List like the Your “Why?” and **SMACKDOWN** worksheets as well as links to videos that educate and inspire. These ten “to-dos” deliver a ton of great content that will start your client's off right, but this is just the tip of the content support iceberg.

<https://ddpyoga.com/pages/the-list21>

## A LETTER TO MY YOUNGER SELF

In an article from the Player's Tribune called “A Letter to My Younger Self”, DDP blazes the trail for an exercise that will fire up your clients for success. Encourage your clients to read the article and then consider how they would speak to themselves when they first started their journey.

What would YOU say to YOUR former self? Check out Dallas' letter to his younger self for inspiration, record a video response and then you can encourage your clients to do the same!

<https://www.theplayerstribune.com/articles/diamond-dallas-page-letter-to-my-younger-self>

## THE DDPY APP

This is the most important resources you'll have as a Coach. Of course, you already know the DDPY app well and have a good view of the content depth it contains. Everything you need to guide your clients through their journey to transform their Fitness, Nutrition, and Mindset is in the DDPY app.

We're constantly creating new updates and content for the app, so there will always be something new to share with your clients. We suggest you encourage your clients to use a Heart Rate Monitor (HRM) to track their progress as they work out with in the app.

We also suggest that you point your client to the support videos in the app before they get too deep. The support videos will make app usage much clearer and allow them to quickly begin getting the most they can from their experience.

### Accessing your Clients DDPY App

Coaches will need to access each client's app account. The only way to do this safely and efficiently is for the client to share their login details with the coach.

It is recommended that the coach suggests a new password for the client to use while in the FastTrack program.

## GENERAL COMMUNICATION TECHNIQUES

One of the most important things you can do as a Coach is to be a good Listener. You clients want to be heard. Listen to everything they are saying before formulating a response.

### Here are a few tips that will improve your communication:

- Think before you speak. Take a brief pause to make sure you're giving the best response.
- Treat everyone equal. Do not speak down to anyone.
- Be positive and encouraging. Always!
- Body language is important. Most of your meetings with clients will happen via video calling or in person. Be open when they are talking to you. Don't cross arms. Keep eye contact to ensure they know you are listening.

## RECOMMENDED COMMUNICATION TOOLS

We recommend several options for communicating with your clients. Ultimately, you'll find the option that works best for your client. You'll be required to communicate with your clients via both written messages and in person (Video calls or physical meet ups).

**Make sure you always conduct yourself professionally.**

**Side Email** - You can create a specific email address for coaching purposes only. Just make sure you're responsive and never let an email sit unanswered!

**WhatsApp** - A great option for instant messaging your clients. You can be clear with your clients and set some boundary rules that you cannot message between certain hours. You can also use WhatsApp to video call.

**Facebook Messenger** - Messenger is another great instant message tool. Remember that it will be connected to your personal Facebook page. Messenger can also be used to video call depending on the platform being used.

**Zoom** - Excellent site for video conferencing. It's easy to set up and share. Zoom also includes an easy recording function if you wish to save all your client meetings.

## TRACKING

[At this link](#) you will find a Google sheet to help with tracking client progress and meetings. Complete this as often as possible. Ideally once per week. Update the 6 pictures, weight, measurements, and pain tracking once per month on this form and in their app.

## NUTRITION TRACKING

**MyFitnessPal** - The most common food tracking app. Clients can add you as a friend and unlock their diaries for you view. Use this to check they are on track with their food and are following a meal plan. Also, track if they're in a calorie deficit. The client is fully accountable for their food choices. This tool helps keep them on track and helps you to hold them accountable.

## MOTIVATIONAL TOOLS

The DDPY app is full of motivational tools like Motivational Mondays, Fabulous Fridays, and testimonials. Anytime a client is struggling with motivation select a piece of content to share with them. You can even pull motivational content from the DDPY Facebook group page.



## COACHING TIME FRAMES

This is a guideline of what we expect of DDPY FastTrack Coaches with regards to client communication and time frames.

### FIRST CONTACT TIME FRAMES

1. You will be notified from DDPY that a client has signed up for 3 months of coaching with you.
2. Contact the client via email within 24 hours of receiving this notification from DDPY, to set up the initial consultation. Specify the form of contact for the consultation (Zoom, Google etc...). Aim to have the consultation completed within 5 days from the date of the notification from DDPY.
3. Complete the Initial Questionnaire. (Link it here.)
4. Fill in your Client Tracking Log. (Link it here.)
5. Talk them through The List and how to complete it.
6. Request the client send you the 6 starting pictures by the end of the next day. Embed these in your Client Tracking Log.
7. Talk them through setting up a food tracking app (My Fitness Pal), have them add you as friend and give you access to their diary.
8. Agree the first week of the program. Be understanding of their needs and situation when setting the first week, don't ask someone to do a workout everyday if they have never worked out before.
9. Agree a time and day to meet each week for the Weekly Accountability Meeting. These should be a minimum of 30 minutes. Be clear about how you will meet them (Zoom etc..).
10. Agree how you will communicate outside of the meetings - WhatsApp (preferred method), Messenger, Email. Specify how often you are likely to message them and if you have any rules you wish to place on how often they can message you, do this now. Some clients may want to message multiple times per day at the start, so be clear. Explain your personal situation and set clear but agreeable boundaries from the start.

### WEEKLY ACCOUNTABILITY MEETINGS FOR NON-INSTRUCTOR COACHES

1. Talk to the client about their week, mindset etc. any messages they have sent through the week.
2. Ask how the workouts have been and check their app tracker for stats.
3. Discuss workout difficulty, anything they didn't like or struggled with. Offer advice on basic modifications if required.
4. Update the program for the following week. Talk through any changes (increase in difficulty, number of workouts) with the client.
5. Discuss The List, if not completed.
6. Talk through the food for the previous week. Suggest any helpful Wreastlepes to try.

### WEEKLY ACCOUNTABILITY MEETINGS FOR INSTRUCTOR COACHES

As above, but you can make some of these Weekly Accountability Meetings 1-2-1 workouts. This will give you a chance to gauge how much progress the client is making on the workouts.

Only offer these 1-2-1s if you are certified to teach the workout level the of the client. If a client is working on something you are not certified to teach, feel free to do a watch along (or joint workout) with them while they use the app, so you can offer minimal advice.

### MONTHLY UPDATES

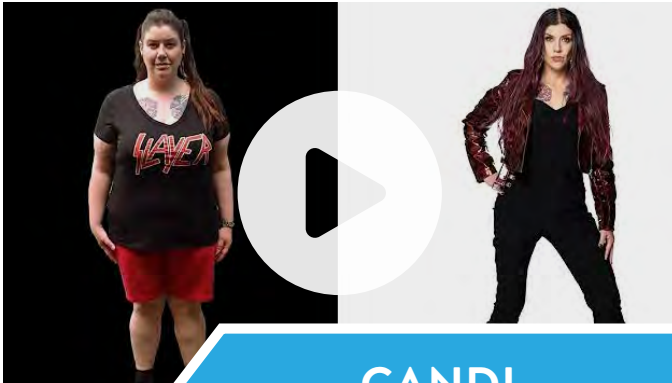
Once per month you'll be expected to update your Client Tracking Log. This includes current weight and measurements, changes to pain management and updated 6 pictures. This will help both you and your client stay on track and keep motivated.



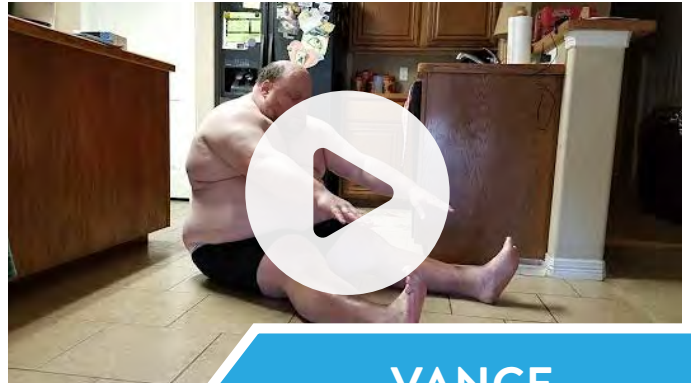
# TESTIMONIALS

## TRANSFORMATION STORIES

Watch these four Transformation stories be prepared to answer how each was affected in the DDPY focus areas - Fitness, Nutrition, Mindset



CANDI



VANCE



ARTHUR



STEPHANIE



## CLIENT FITNESS SCENARIOS

We've created these four case study scenarios to help you with you clients. These four scenarios represent broad client possibilities. You probably won't have a client that fits any one pf these scenarios perfectly, but you can use them as a guide.

### CLIENT FITNESS SCENARIO 1

This person is a 32-year-old female, 5' 4" and 280 lbs. No major mobility issues but would like to lose 100 lbs. and be a strong role model for her son.

Recommended program – Set the app to Beginner, this gives you a basic guide to fall back on if illness or injury occur.

**Week 1** to include Diamond Dozen tutorials on Day 1 and 2, Energy on Day 3 and Day 4, Diamond Dozen and Energy on Day 5. Rest for the weekend.

**Week 2** Energy as preprogrammed but add in Diamond Dozen on Days 2 and an extra Energy on Day 4. Rest for the weekend.

**Week 3** Start them STRONG with a Diamond Dozen (last time) and Energy Combo. Introduce Fat Burner on Day2. Energy Day 3. Fat Burner Day 4 and 5.

**Week 4** Alternate Energy and Fat Burner. By this point have the conversation with your client about working out twice per day. Once in the morning and once in the evening...especially with these shorter workouts.

**Week 5** if the client is happy to work out twice per day follow written, if not stick with the first workout of each day. Day 1 (am) Energy (pm) Fat Burner. Day 2 (am) Synergy (pm) Energy. Day 3 (am) Fat Burner (pm) 1 on 1 Haydn Beginner. Day 4 (am) Fat Burner (pm) Synergy. Day 5 (am) 1 on 1 Haydn Beginner (pm) Energy.

Continue with the same theory, adding in additional workouts from the app library. Make sure they fit with the Diamond Ability Level specified on that week. Don't give a client a Yellow workout, if they are scheduled all Green workouts that week.

By week 12, this client should be working out most days for at least one hour at a intermediate/advanced level. Always recommend taking a rest day. Even though we know people in our community who take no rest days, as a conscientious coach it is your responsibility to recommend this.

### CLIENT FITNESS SCENARIO 2

This person is a 62-year-old male, 5' 8" 190 lbs. Previous knee injury resulting in ACL surgery, struggles to get up from a seated position and hates to get on the floor for fear of not getting back up, weight loss is not a priority, but it would be a bonus.

Standing with Chair from the DDPY Now app would be the perfect starting point for this client. You are not looking to push this client to multiple workouts per day. But getting him to Stand Strong 5 and beyond is the target. Be mindful of complaints of knee pain. Sticking with the basic layout would be the best plan but be ready to add a couple for extra workouts through the later portion of the schedule.

### CLIENT FITNESS SCENARIO 3

This person is a 28-year-old male, 5' 10" 478 lbs. His weight issue is causing mobility issues. He can't stand for too long. Walking upstairs at home leaves him breathless and tired. Weight loss is a priority to him, and he recognizes that mobility will improve as he loses weight.

The client needs to start with the Chair Force workouts. It is sensible planning to use the Chair to Standing program in the app to start out but be aware that he may not be ready for the transition to standing at that given time. It could happen sooner or earlier.

Once you and the client feel comfortable you could look at adding two workouts per day, if he has transitioned to the Stand Strong workouts give him one Stand Strong and one Chair Force for a few days per week and see how he responds.

You will need to monitor this client's calorie intake and heart rate. It's not uncommon for someone of this size to be in their Red Zone easily, so emphasize the importance of modifying and not engaging at this time.

Each person is different and the response to the workouts will vary hugely per client, but you could expect this person to be deep into the Stand Strong series at the end of the three months.

### CLIENT FITNESS SCENARIO 4

This person is a 41-year-old female, 5' 6" 138 lbs. No injuries. Has had the 2.0 and Extreme DVDs for 3 years. Has completed all workouts on the DVDs multiple times. They also Run, Cycle and Lift Weights twice per week.

This person would be the ideal client for a coach that was also a Level 2 Instructor, but a non-instructor coach could work well with them also.

They require a custom program, and due to their experience, you do not need to cover any of the 2.0 workouts. Your job is to introduce this person to the wide variety of workouts on the app, particularly orange and red diamond workouts. You will also need to suggest the DDPY Jacked workouts and the DDPY Power Cuffs.

Talk to them about the best days to do DDPY for them and how long they like to work out. Plan for them based on this information. On your weekly check ins, read their workout stats to make sure they are making the most of the workouts. Due to this person's fitness, their heart rate will most likely be low, so suggest tips on Dynamic Resistance and modifications to make it more challenging.







# COACHING ETIQUETTE



1. The coach will always keep all client information and pictures confidential. This is not shared with anyone other than DDPY after the client has agreed this with the Coach.
2. Act in a professional manor always.
3. Sexual comments and harassment, including those regarding LGBTQ+, will not be tolerated and will result in the coach being removed from the DDPY Transformation Coaching program and all certifications revoked.
4. Racism will not be tolerated and will result in the coach being removed from the DDPY Transformation Coaching program and all certifications revoked.
5. Messages between the coach and the client are to remain professional. Even if a friendship is built, please keep professional boundaries while acting as their coach.
6. Missed sessions are to be expected from both sides. If the coach must miss a scheduled meeting, this is to be rearranged at the earliest convenience. If the client must miss a session, it is down to the coach's discretion if this should be made up later or not.
7. The coach is representing DDPY Fitness. They must always speak positively of the company and program with clients and on social media. Failure to do so will result in the coach being removed from the DDPY Transformation Coaching program and all certifications revoked.
8. The coach should contact [haydn@ddpyoga.com](mailto:haydn@ddpyoga.com) immediately with any questions or possible client issues.