



Frequently Asked Questions

How was DDPY developed?

Diamond Dallas Page (WWE Hall of Fame 2017), professional wrestler, originally developed DDPY for athletes like himself who had suffered years of injuries due to high-impact sports. For the first 42 years of his life, Dallas was a guy who "wouldn't be caught dead" doing yoga, or anything like it.

When he ruptured his L4 and L5 spinal discs during the height of his professional wrestling career, he was so desperate to keep his childhood dream alive, he was willing to try anything. So he tried yoga for the first time in his life.

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

What exactly is DDPY?

DDPY is a form of exercise that combines the very best of Yoga, Traditional Fitness, Sports Therapy and Dynamic Resistance to create one of the most effective fitness plans in existence today. It allows anyone to:

- Improve cardiovascular fitness
- Increase flexibility
- Strengthen your core muscles
- All with minimal joint impact!





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What are the benefits of DDPY?

The main benefits are body fat loss, lean muscle growth, increased flexibility and improved cardio levels all without placing undue stress on the joints.

What makes DDPY so different?

Dynamic Resistance is what makes DDPY so powerful and so unique. You don't need weights, bands or gadgets; the only resistance equipment you need is your body, because dynamic resistance uses counteracting muscles to continuously resist your movement. In simple terms, it's like flexing all of your muscles as you move from one position to another. Dynamic resistance increases your heart rate and gets you into your Fat Burning zone. It converts slow moving, easy activity into fat-blasting muscle toning that quickly builds a sexy, slender, strong body.

But what if I never did any kind of yoga?

No yoga experience is required to do DDPY. DDPY Instructors are trained to explain and call out all the moves required. They will teach the basic moves that form the components of all the DDPY exercises.

Who is DDPY for?

DDPY is for everyone... seriously, everyone. If you can bend over and pick up your keys or reach up and get something off a shelf, then you can do the workout. It can be the easiest workout you've ever done, or it can be the most challenging workout ever. That's the beauty of DDPY: It's for beginners, warriors and everyone in between.

Yes, but is DDPY for me?

DDPY is for everyone, young or old, big or small, fit or unfit, who is willing to try a form of exercise that can bring serious results with minimal equipment, minimal joint impact, minimal risk of injury – even for individuals who have been fairly sedentary, seriously overweight or injured. DDPY is also excellent for those who are already in excellent physical shape but wish to improve on their muscle tone, strength, flexibility and balance. DDPY Instructors are trained to help you modify exercises to suit your individual capabilities while maintaining the benefits listed above.

Can athletes benefit from DDPY?

As far as I'm concerned, every athlete on the planet should be doing DDPY. Why? Because it's going to help prevent or at the very least cut down on injuries and increase their ability to use their core and hip muscles to increase their balance, flexibility, speed and strength.

Am I too old to do DDPY?

Anyone can start DDPY at any age. It's one of those workouts that will become part of your lifestyle. The more you do it the more you will be able to enjoy other parts of



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your life. Increased flexibility increases your mobility, your stamina and the opportunities to try new things.

What exercise equipment will I need?

I would really suggest you use:

- heart rate monitor to gauge your progress and efforts
- a yoga mat, water bottle, towel and wear comfortable clothing
- DDPY is usually done in bare feet

Why do you need a heart monitor? How does a heart rate monitor help me lose weight quicker?

There are two ways to work out and NOT see results. One is obvious: not working out hard enough. But the other is working out TOO HARD. Wearing a heart rate monitor ensures that you get in your zone and stay there by working out hard enough but not TOO HARD.

Is there one basic training program for everyone?

There are basic moves that are used. I encourage everyone to make the workout his or her own. Some people will be able to do the more advanced positions, but it's a work of progression and repetition.

How do I use my heart rate monitor?

Wear your heart rate monitor during every workout. The chest strap has a sensor in it that tells the watch what your heart rate is. Once you've figured out your ideal Fat Burning zone, simply check the watch readout regularly during your workout to determine if you're in the zone or not.

Will DDPY bulk me up?

DDPY is designed to give you long lean muscles, increase your strength and flexibility.

Will I lose weight?

DDPY has some of the greatest weight loss transformations in fitness history. Go to <http://ddpyoga.com/blogs/success-stories> link! This workout was never designed for weight loss... it just happens to be an awesome side effect.

Is improving mobility that important?

Enhanced mobility is huge. It's the Fountain of Youth. Having good mobility helps you with the quality of day-to-day life. You can reach, walk, sit, stand and do everything better and more easily. Mobility also helps you avoid things like pulled muscles that come with age and inactivity.



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How does DDPY make you lose weight without running, biking or any other traditional cardio workouts?

Remember, the reason you lose weight by running or biking is because your heart rate is increased to a level that burns fat. You can jack up your heart rate standing still with DDPY. It's all about engaging your muscles through Dynamic Resistance. Using your own body for resistance lets you get an amazing cardio workout without any impact on your joints.

Can I do DDPY at home?

Yes, absolutely! Most people who have had great success with DDPY have done so using the DVD program available at <http://ddpyoga.com/>. Also, now there is a DDPY Now App – details can be found at <https://www.ddpyoganow.com/>.

How can I find out more about DDPY?

Go to our DDPY website at <http://ddpyoga.com/>.

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