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## Is ddp yoga effective

DDP YOGA is a revolutionary approach to fitness that combines the best of yoga positions, sports rehab therapy, old school calisthenics and dynamic resistance to give you a complete workout that requires NO RUNNING, NO JUMPING, and NO LIFTING. DDP YOGA NOW gives you access to this life-changing program in the palm of your hand. Easily complete workouts, watch motivational videos, track your progress, and make delicious healthy-recipes with our ever-growing content library. Whether you're looking to lose weight, build strength, increase flexibility, or reduce pain DDPY has a workout or program that can help you.DDPY's incredible transformations have been features on Shark Tank, The Doctors, Good Morning America, The New York Times, and more.DDP YOGA NOW Features:- All the original, life-changing DDP YOGA workouts- DDPY REBUILD programs and workouts designed for individuals with limited mobility (Bed Workouts, Chair Workouts)- Workouts for kids and expecting moms (prenatal)- Weekly live-streamed workouts featuring Diamond Dallas Page- Detailed, interactive fitness tracking to keep you motivated- Bluetooth Heart Monitor compatibility to track calories burned and time in zone- Apple Health integration to sync DDPY workouts to Apple Health and to save workout details in Activity app- Apple Watch support to start and complete DDPY workouts by using it also as a heart monitor- Mobile and desktop access with the ability to cast to a TV right from the app- Motivational videos and stories from the amazing Team DDP YOGA community- Ability to earn points to redeem for DDPY swag or opportunities to meet DDPThe DDP YOGA NOW app is far more than just another workout program - it's a motivational tool that tracks your progress every step of the way, with a limitless content library of workouts, nutritional tips, recipes, and motivational stories to keep you going.DDP YOGA targets all areas of fitness - strength, cardio, and flexibility all at the same time with minimal joint impact. It was developed out of necessity by Diamond Dallas Page when he suffered a severe back injury and was told his wrestling career was over. DDP YOGA was able to save DDP's wrestling career and has gone on to save Chris Jericho's career, as well as change countless others' lives.Get a 7-day free trial and full access to exercise tracking for free, and access the vast library of workouts, nutritional videos, recipes, and motivational content for a recurring subscription fee.Current subscription durations include:One Month Membership (\$34.99) - offers subscribers one month of premium content, recurring each month.Three Month Membership (\$49.99) - offers subscribers three months of premium content, recurring every 3 months.One Year Membership (\$119.99)- offers subscribers one year of premium content, recurring each year.Pricing for subscription tiers are subject to change.Subscriptions purchased using in-app purchases will be charged to your iTunes account, and will auto renew unless you cancel your subscription within 24 hours prior to the end of the current period.Subscriptions that include a free trial period will automatically charge your iTunes account at the end of the free trial period. You may cancel your free trial to prevent any charges before the end of the free period, and still have access to subscription features for the remainder of the free period.Any unused portion of a free trial period, if offered, will be forfeited when the user purchases a subscription to that publication, where applicable.You may turn off auto renewal by going to your iTunes Account Settings to manage your in-app purchase subscriptions from your iOS device or iTunes software.Our Privacy Policy can be found at: Terms of Use Policy can be found at: Aug 12, 2021 Version 1.0.3391 This release includes:- Calendar access setting defaults to disabled - see Settings > Preferences and app permissions in device's app settings to enable Calendar permission- Tap the (?) icon in the Scorecard section to see the New Points Limit table- Updated Dashboard interface- UI updates for iPhone 12 models- Bug fixes and improvements I love that the app itself is informative, inspirational, and customizable. The exercises and programs themselves are incredible! I appreciate the holistic approach that is taken that not only includes the movement of your body but the growth of the mind and soul through other components such as the eating and recipes (though I personally follow keto/low carb) to taking photos of your progress, journaling your feelings, and the motivational messages. As the title says, I'm working on becoming an occupational therapist so I am very pleased with how thoughtful the programs are, especially the bed to chair series. The step by step process and the encouragement to make the DDPY your own through modification helps to meet people where they are at while working within their abilities. Also, the endless customization keeps people motivated and to be okay with whatever level of ability while building upon that to progress further. It's also okay to stay at a similar level for a long time. I'm fairly able bodied but I'm overweight and overwhelmed with life (grad school is rough) and for nearly a year I've only been able to keep up the bed flex, wake up, and energy beginner level routines. I know I'll get to the more advanced stuff eventually but I feel good with what I can do right now thanks to the continued motivation and support this app and program offers! This App and the DDPY regimen is the most comprehensive systems I have seen, and I have seen a lot of them in my 53 years. The only way that you will not benefit in some way from this is to make excuses to not do it. You WILL get more flexible, stronger, thinner, and more self confident as you progress through the program. DDP and his team have made this as simple, straightforward, and effective as is possible with the technology available today. If you are on the fence... jump off of it and get the App. The nutrition section alone is worth the price, in my opinion. They actually prepare the meals and show you everything you need to do to eat healthy...and they are really good recipes. DDP will not eat it if it doesn't taste good, and they have done their homework. In 3 weeks the increase in my flexibility has truly astounded me! BUT... you will only get out of this what you put into it so if you are not willing to put forth the effort it takes to improve yourself, you will struggle. If, however, you are truly ready to change your body and find that person you were years ago or find that new you for the first time... I don't think there is a better App available at the moment. I started DDPY while in the army after my spine had become so compressed that I lost an inch to my height. My back would go out constantly and I was only able to do the bare minimum to keep my job! I became extremely depressed and gained 40 lbs and my back only was getting worse. I heard of DDPY from Chris Jericho and how it helped him and figured if it worked for him then why not? 4 months after starting the program while in Afghanistan my back had stopped going out, my pain had all but evaporated! I felt so good that I added powerlifting into my program! Now it's been about nearly 7 years and my back hasn't gone out once! My range of motion is better than ever, and I'm pain free! I can bench press 318 lbs squat 550 and deadlift 450! I train DDPY 5 days a week at the start of my day and powerlift 3 days a week. I was told I'd be on pain meds for the rest of my life by the PA while in the Army and that I would loose the feeling in my legs. DDPY let me tell myself what I was going to do and let me choose my own future! If you're looking for a way to change your life regardless of your situation, DDPY is for you! The developer, DDP YOGA, INC., indicated that the app's privacy practices may include handling of data as described below. For more information, see the developer's privacy policy. The following data may be collected but it is not linked to your identity: Health & Fitness Purchases Location Contact Info User Content Identifiers Usage Data Sensitive Info Diagnostics Privacy practices may vary, for example, based on the features you use or your age. Learn More Developer Website App Support Privacy Policy Skip to content RECEIVE 20% OFF DVDs OR 1 YEAR MEMBERSHIP/USE CODE: SUMMERSALE DDPY DVD PacksProgram Guide Schedules for all difficulty levelsNutritional InformationEating PlansRecipesIncludes 3 months access to DDPYoga Now!Learn More!Online and Downloadable WorkoutsOnline Program Guide Interactive Schedules for all difficulty levelsOnline Nutritional InformationOnline Eating PlansRecipesWeight, Measurement & Pain TrackingConnects to most bluetooth monitors except Fitbit, Garmin, and Samsung.Earn Points towards merchandiseLeaderboardsHuge Workout Library, more than 300+ Workouts!Live WorkoutsCooking ShowsLearn More!Our Roku and FireStick SolutionOnline WorkoutsOnline Program Guide Online Schedules for all difficulty levelsOnline Nutritional InformationOnline Eating Plans57 original DVD Workouts!Learn More!DDPY Rebuild is a unique program designed specifically for those 55 years and older and those who struggle with limited mobility. Through a progressive series of workouts, you'll build strength, increase flexibility, decrease pain, and turn back the hands of time. If you're ready to REBUILD YOUR LIFE, then DDPY Rebuild is the perfect fit. You'll be able to start without even getting out of bed. Through stretches and body-weight movements you'll start to break up scar tissue and get moving again. Next, you'll go through a series of seated chair workouts and finish with workouts that have you standing, but using a chair for support.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 while. Each Bed Flex workout is intended to increase flexibility, loosen joints, and strengthen your core muscles to make sitting up easier. The goal is to regain mobility and become strong enough to progress to the Chair Force series.A good starting point if you struggle with balance or have trouble standing for long periods of time. While staying seated in a chair, you will get your legs and upper body moving using stretches and Dynamic Resistance. You'll be surprised how much you can get your blood pumping without getting up! When you feel strong enough, you can move on to the Stand Strong series.Once your body is strong enough to stand, you can graduate to Stand Strong. You will be focusing on your balance while standing, utilizing the chair for added stability. This series is based on the techniques used by disabled vet Arthur Boorman as he transitioned from canes and leg braces to walking and even running unassisted after years of being told it was impossible.DDP Yoga combines the very best of yoga, old-school calisthenics, sports rehabilitation therapy and dynamic resistance to create one of the most effective fitness plans in existence today. It allows anyone to: Get a kick-ass cardio workout Increase flexibility Strengthen core muscles Experience almost no joint impact DDP Yoga is CardYoga! The main benefits are body fat loss, lean muscle growth, and improved cardiovascular performance, without placing undue stress on the joints. DDP Yoga is currently used by professional football players, more than 40 professional wrestlers, MMA fighters, and regular, everyday people who want to perform at optimum levels and place themselves in the best position to improve their quality of life. At the same time, morbidly obese individuals have inspired us with their own DDP Yoga success stories! DDP Yoga is the evolution of what was formerly the YRG Fitness System, which is best known for what many say is the most dramatic transformation in the health and fitness industry: The Extreme 3.0 DVDs include workouts that take your DDPY experience to a whole new level! This pack is not for the faint of heart, including 14 of the toughest DDPY workouts available! It will not only make you stronger, but build your stamina and teach you how to maintain breath control in extreme conditions. These workouts have been strategically designed to maximize your flexibility and core strength building without impacting joints. Implementing our specialized Dynamic Resistance, DDPY Extreme delivers an amazing cardio workout as well, allowing you to Push beyond your comfort zone and take your training to the EXTREME!

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