

Download Ddp Yoga Program Guide

Ready to own your life? DDP YOGA is a fitness system that literally anyone can do! It has helped 1000s lose weight, reduce pain, & build strength. Learn more!Crank it up and get ready to sweat! This 25 minute DDP Yoga DVD provides a total body workout and targets problem areas like abs, arms, thighs and butt.Motivation, Inspiration & Nutrition The complete guide, 52 pages of workout descriptions, recipes, eating plans and even a journal!DDP Yoga Phase One is for anyone interested in a healthy, reasonable nutrition program to drop a couple of sizes, shape up and tone, and improve your energy.