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Yoga for regular guys | popsugar fitness

I recently came across this book and I had myself a chuckle. Basically Yoga for Regular Guys (\$25.00) is a fitness book that outlines a yoga program for men, by a man

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Former wrestler uses yoga to transform lives |

Former pro wrestler Diamond Dallas Page has created his own fitness Yoga For Regular Guys: The Best Damn Workout on the Planet! , Page suggested DDP Yoga.

About ddp yoga | ddp yoga regular guy

This is a take of DDPYOGA.com's original About DDP YOGA page, but with parts thrown through the @DDPYRegularGuy Translator for you Regular Guys and Gals!

Getting prepared: | ddp training

1) Read, Yoga for Regular Guys by DDP and Dr. Craig Aaron (2) Practice DDP YOGA 1 hr per day, 5 days