

DDP YOGA :

YRG Mix Tape -	37:41
<u>A_ The Diamond Dozen -</u>	<u>34:30</u>
B_Energy!	21:45
<u>C_ Fat Burner -</u>	<u>28:25</u>
D_Red Hot Core -	16:26
<u>E_ Below the Belt -</u>	<u>32:43</u>
F_Diamond Cutter -	54:49
<u>G_ Stand Up! -</u>	<u>32:26</u>
H_Strength Builder -	41:42
<u>I_ Double Black Diamond -</u>	<u>1:09:43</u>
Wake Up -	11:58

Poster showing Positions referred to as the Diamond Dozen

- #01 Ignition into Touchdown
- #02 Diamond Cutter
- #03 Bar Back (Bent Leg & Straight Leg)
- #04 Catcher into Thunderbolt
- #05 Cobra into Downdog
- #06 Slow Burn Push Ups
- #07 Table into Cat Stretch into Broken Table
- #08 Supported Lunge into Space Shuttle
- #09 Road Warrior 1 & 2
- #10 Dynamic Resistance Cables - Dynamic Resistance Curls
- #11 Dynamic Resistance Rows
- #12 Punches
- #13 Safety Zone (Child's Pose)

Beginner

	01	02	03	04	05	06	07	08	09	10	11	12	13
M	A	B	B	B	B	C	C	B	C	E	E	BD	CD
T	X	X	X	X	X	X	X	X	X	X	X	X	X
W	AB	B	AB	B	B	B	D	CD	E	C	B	CD	ED
T	X	X	X	X	X	X	X	X	X	X	X	X	X
F	B	B	C	C	AC	C	C	E	BD	BD	CD	E	F
W/E	X	X	X	X	X	WA	X	WA	X	WA	WA	WA	WA

Intermediate

	01	02	03	04	05	06	07	08	09	10	11	12	13
M	A	C	B	B	C	BD	B	E	BD	C	SR	BD	CD
T	X	X	X	X	X	X	ED	BD	CD	ED	CH	EF	EH
W	B	B	C	AC	AC	E	X	X	X	X	X	X	X
T	X	X	X	X	X	X	D	D	E	SR	EG	SR	ED
F	B	C	C	E	E	F	F	F	F	F	F	F	FI
W/E	X	X	X	WA	X	WA	X	WA	WA	WA	WA	WA	WA

Advanced

	01	02	03	04	05	06	07	08	09	10	11	12	13
M	AB	BD	C	AE	BD	CD	EG	FS	C	E	E	BD	CD
T	X	X	X	X	X	X	X	X	X	X	X	X	X
W	X	X	X	X	X	X	X	X	X	C	B	CD	ED
T	X	X	X	X	X	X	X	X	X	X	X	X	X
F	B	B	C	C	AC	C	C	E	BD	BD	CD	E	F
W/E	X	X	WB	X	WB	X	WB	WB	WB	WB	WB	WB	WB

AB = Combine Diamond Dozen & Energy!

AC = Combine Diamond Dozen & Fat Burner

BD = Combine Energy! & Red Hot Core

CD = Combine Fat Burner & Red Hot Core

ED = Combine Below the Belt & Red Hot Core

EF = Energy! -or- Fat Burner & Red Hot Core

EG = Energy! -or- Strength Builder & Red Hot Core

EH = Below the Belt -or- Strength Builder

FI = Diamond Cutter -or- Double Black Diamond

FS = Fat Burner -or- Stand Up! & Red Hot Core

SR = Below the Belt -or- Stand Up & Red Hot Core

WA = Weekend Optional Saturday or Sunday Energy! or Fat Burner

WB = Weekend Optional Saturday or Sunday Energy! or Fat Burner or Below the Belt