

Join Team DDPYOGA - TEAM DDP Yoga

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Posted by DDP on April 30, 2009 at 6:00pm [Send Message](#) [View](#)

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What is Team DDPYOGA?

It is a support team that helps encourage others along their DDPYOGA journey by sharing their stories. Team DDPYOGA is made up of Regular Guys / Gals that made a decision to **Own their Life** with DDPYOGA. Now you can share your story and encourage others to achieve their goals.

Why should you take the 6 Strength & Flexibility pictures?

So that in 30 days you can show friends and family your "Before" pics and show off! Seriously, though you should take the pics on Day 1 because as you start this journey, it's always important to know where you came from. These pictures will provide endless motivation and inspiration for you as you start to achieve amazing results.

The 6 Strength & Flexibility pictures are not just about showing weight loss. You are taking these 5 pictures to continue to motivate you and show you how much stronger and more flexible you will become in the months to come.

Also, don't forget to take your measurements and your weight. You will start this journey on Day 1 and take the same pictures, measurements and weight on Day 30 (and every month thereafter. Only once a month though. I don't want you becoming a slave to the scale, tape or pictures.)

Make sure you take pictures and measurements on the same day each month.

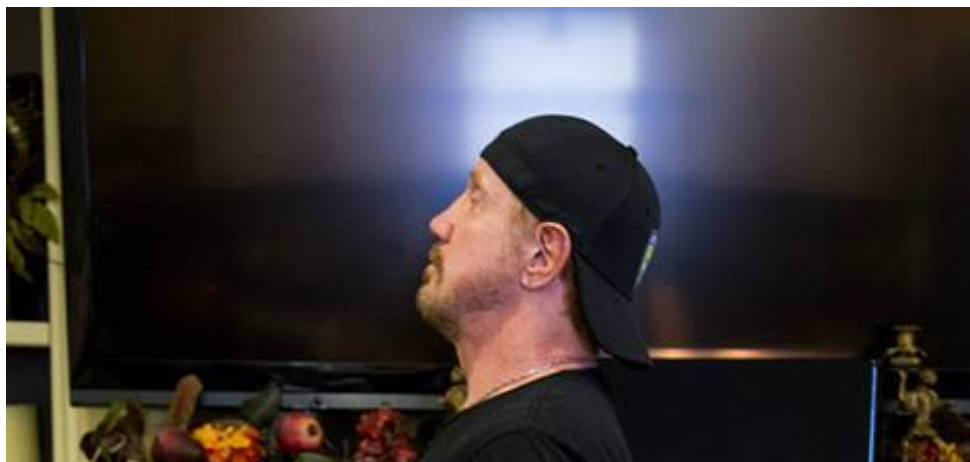
How do I take the *Before* and *After* pictures?

Picture 1: Straight-On Full Body. Face Forward. For men shirt is optional. If you wear a shirt, I prefer something form-fitting. For women I suggest form-fitting workout apparel or bathing suit.





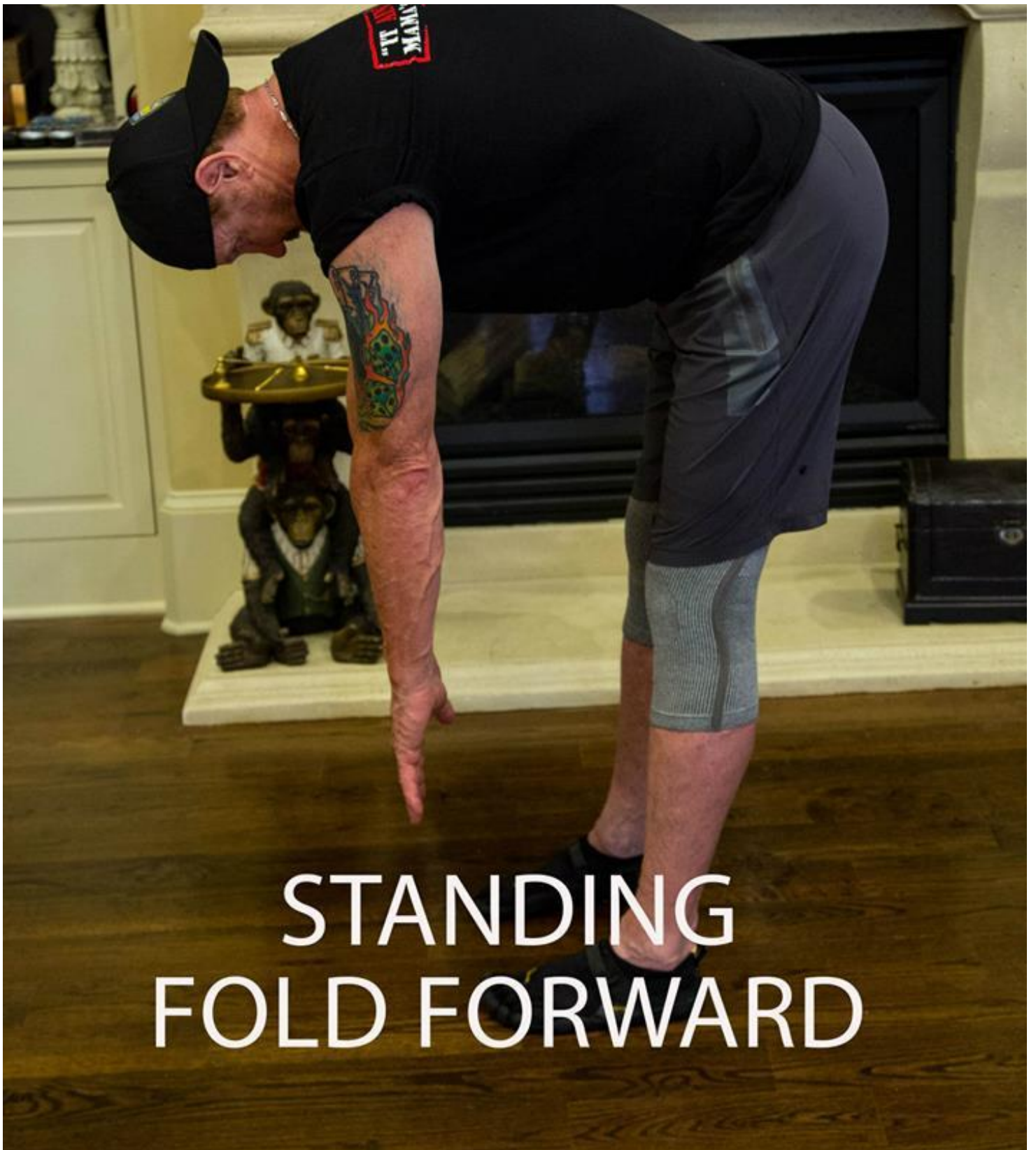
Picture 2: Profile Full Body.





Picture 3: In profile, straighten your legs and fold forward. Do not bend your knees, Do Not strain your back.

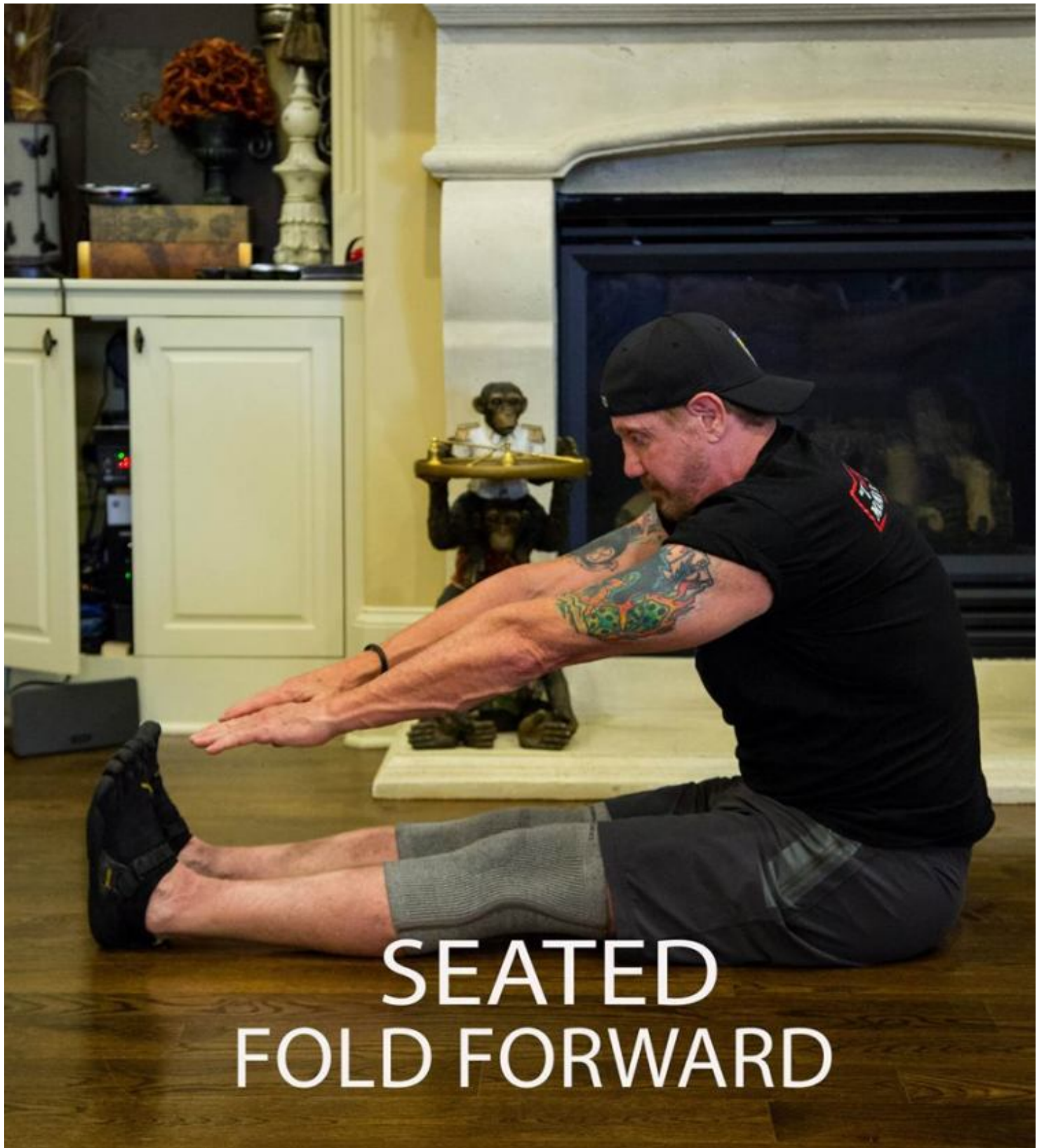




Picture 4: Looking straight at the camera, get in as much of a catcher position as you can. Squat as low as you feel comfortable but your feet should be flat on the ground.



Picture 5: Sitting on the ground reach forward and touch your toes. Go as deeply as you can comfortably. Do Not bounce or strain your back.



SEATED FOLD FORWARD

Picture 6: Balancing Leg Lift. You may not be able to do this one at all, but try—trust me, you will love to look back and see where you started. First try to do it from a standing position. You can use either hand/leg. Try to grab your foot and lift it as high as you can to your side.



These pictures will eventually show your increased flexibility, core strength and stability, along with your weight loss. Trust me, this will keep you motivated as you move along your DDPYOGA journey, so keep these pictures up on your Team DDPYOGA page so we can root you on. And believe it or not, your pictures will inevitably inspire someone else to OWN THEIR LIFE—how cool is that?

Here's Smokey's chart from his journal. You can keep track of these on your page or in your program guide... but keep track!

SMOKEY'S MEASUREMENT CHART

	Jun 1	July 1	Aug1	Sep 3	Jan 19	Total
Weight	270	248	235	224	197	73 lbs
Waist	46.5	44	43	41.5	37	9.5 inches
Chest	53	49.5	46.5	45	44	9 Inches
Shoulders	52	51	49.5	49	48	4 Inches

Neck	17	17	16.5	16	16	1 Inch
Biceps	15.5	15	15	15	14.5	1 Inch
Wrist	7.5	7.5	7.5	7.25	6.5	1 Inch
Hips	50	48.5	46.5	45	41	9 Inches
Thighs	28	27	26	25	23	5 Inches
Knees	21	20	19.5	19	17	3 Inches
Calves	18	17.5	17.5	17	16	2 Inches

SMOKEY'S STRENGTH CHART

	Jun 1	July 1	Aug1	Sep 3
3 Second Pushup	1	2	4	5
5 Second Pushup	0	0	1	2
10 Second Pushup	0	0	1	1
Squat to Thunderbolt	2	3	4	5

If you don't have anyone to take the pictures for you, check out what Tony says about taking them yourself:

Why should I wear a Heart Monitor?

Watch the video...

[Find more videos like this on TEAM DDPYOGA](#)

Got any questions?

Throw them below!