



# Yoga for Regular Guys: The Best Damn Workout On The Planet!

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## **Yoga for Regular Guys: The Best Damn Workout On The Planet!** Diamond Dallas Page

Listen up, guys: If you think yoga is just for earthy-crunchy New Agers, think again! Three-time World Champion Wrestler Diamond Dallas Page one of the biggest superstars in professional wrestling is here to prove that yoga is for regular guys, too.

Chock-full of smartass humor and a whole lot of attitude, Yoga for Regular Guys is an illustrated fitness program that men can relate to because Dallas understands the things men care about: improved strength and endurance, a better sex life, reduced stress levels, and (maybe most importantly) access to ridiculously hot yoga babes. Every chapter offers clear, step-by-step explanations of yoga poses and circuits along with hilarious full-color photos of "regular guys" in action.

Written in conjunction with Dr. Craig Aaron an athletic trainer for numerous members of the NFL, NBA, and World Wrestling Entertainment Yoga for Regular Guys is a comprehensive fitness program that's fun, irreverent, and empowering. So what are you waiting for?

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