

DDP Yoga Workout Schedule - Beginner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Diamond Dozen	Day Off	Diamond Dozen + Energy	Day Off	Energy	Day Off	Day Off
Week 2	Energy	Day Off	Energy	Day Off	Energy	Day Off	Day Off
Week 3	Energy	Day Off	Diamond Dozen + Energy	Day Off	Fat Burner	Day Off	Day Off
Week 4	Energy	Day Off	Energy	Day Off	Fat Burner	Day Off	Day Off
Week 5	Energy	Day Off	Energy	Day Off	Diamond Dozen + Fat Burner	Day Off	Day Off
Week 6	Fat Burner	Day Off	Energy	Day Off	Fat Burner	Energy! or Fat Burner	Day Off
Week 7	Fat Burner	Day Off	Red Hot Core	Day Off	Fat Burner	Day Off	Day Off
Week 8	Energy	Day Off	Fat Burner + Red Hot Core	Day Off	Below the Belt	Energy! or Fat Burner	Day Off
Week 9	Fat Burner	Day Off	Below the Belt	Day Off	Energy + Red Hot Core	Day Off	Day Off
Week 10	Below the Belt	Day Off	Fat Burner	Day Off	Energy + Red Hot Core	Energy! or Fat Burner	Day Off
Week 11	Below the Belt	Day Off	Energy	Day Off	Fat Burner + Red Hot Core	Energy! or Fat Burner	Day Off
Week 12	Diamond Dozen + Energy	Day Off	Fat Burner + Red Hot Core	Day Off	Below the Belt	Energy! or Fat Burner	Day Off
Week 13	Fat Burner + Red Hot Core	Day Off	Below the Belt + Red Hot Core	Day Off	Diamond Cutter	Energy! or Fat Burner	Day Off

DDP Yoga Workout Schedule - Intermediate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Diamond Dozen	Day Off	Energy!	Day Off	Energy!	Day Off	Day Off
Week 2	Fat Burner	Day Off	Energy!	Day Off	Fat Burner	Day Off	Day Off
Week 3	Energy!	Day Off	Fat Burner	Day Off	Fat Burner	Day Off	Day Off
Week 4	Energy!	Day Off	Diamond Dozen & Fat Burner	Day Off	Below the Belt	Energy! or Fat Burner	Day Off
Week 5	Fat Burner	Day Off	Diamond Dozen & Fat Burner	Day Off	Below the Belt	Day Off	Day Off
Week 6	Energy! + Red Hot Core	Day Off	Below the Belt	Day Off	Diamond Cutter	Energy! or Fat Burner	Day Off
Week 7	Energy!	Below the Belt & Red Hot Core	Day Off	Red Hot Core	Diamond Cutter	Day Off	Day Off
Week 8	Below the Belt	Energy! & Red Hot Core	Day Off	Red Hot Core	Diamond Cutter	Energy! or Fat Burner	Day Off
Week 9	Energy! & Red Hot Core	Fat Burner & Red Hot Core	Day Off	Below the Belt	Diamond Cutter	Energy! or Fat Burner	Day Off
Week 10	Fat Burner	Below the Belt & Red Hot Core	Day Off	Stand Up & Red Hot Core	Diamond Cutter	Energy! or Fat Burner	Day Off
Week 11	Stand Up & Red Hot Core	Fat Burner + Strength Builder	Day Off	Strength Builder & Red Hot Core	Diamond Cutter	Energy! or Fat Burner	Day Off
Week 12	Energy! & Red Hot Core	Fat Burner & Red Hot Core	Day Off	Stand Up & Red Hot Core	Diamond Cutter	Energy! or Fat Burner	Day Off
Week 13	Fat Burner & Red Hot Core	Strength Builder	Day Off	Below the Belt & Red Hot Core	Double Black Diamond	Energy! or Fat Burner	Day Off

DDP Yoga Workout Schedule - Advanced

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Diamond Dozen & Energy!	Day Off	Day Off	Day Off	Energy!	Day Off	Day Off
Week 2	Energy! & Red Hot Core	Day Off	Day Off	Day Off	Energy!	Day Off	Day Off
Week 3	Fat Burner	Day Off	Day Off	Day Off	Fat Burner	Fat Burner or Below the Belt	Day Off
Week 4	Diamond Dozen + Below the Belt	Day Off	Day Off	Day Off	Fat Burner	Day Off	Day Off
Week 5	Energy! & Red Hot Core	Day Off	Day Off	Day Off	Diamond Dozen & Fat Burner	Fat Burner or Below the Belt	Day Off
Week 6	Fat Burner & Red Hot Core	Day Off	Day Off	Day Off	Fat Burner	Day Off	Day Off
Week 7	Strength Builder & Red Hot Core	Day Off	Day Off	Day Off	Fat Burner	Fat Burner or Below the Belt	Day Off
Week 8	Stand Up! & Red Hot Core	Day Off	Day Off	Day Off	Below the Belt	Fat Burner or Below the Belt	Day Off
Week 9	Fat Burner	Day Off	Day Off	Day Off	Energy! & Red Hot Core	Fat Burner or Below the Belt	Day Off
Week 10	Below the Belt	Day Off	Fat Burner	Day Off	Energy! & Red Hot Core	Fat Burner or Below the Belt	Day Off
Week 11	Below the Belt	Day Off	Energy!	Day Off	Fat Burner & Red Hot Core	Fat Burner or Below the Belt	Day Off
Week 12	Energy! & Red Hot Core	Day Off	Fat Burner & Red Hot Core	Day Off	Below the Belt	Fat Burner or Below the Belt	Day Off
Week 13	Fat Burner & Red Hot Core	Day Off	Below the Belt & Red Hot Core	Day Off	Diamond Cutter	Fat Burner or Below the Belt	Day Off