

# THE DETROIT DIESEL

## DDP's "YRG" Zero Impact Fitness

by **Fred George "The Detroit Diesel"**

I am sure you are getting "bored" with my Suicide Circuit by now, so I thought I would give you a treat. Meet my buddy Diamond Dallas Page! Yeah, that's HIM! You know, the old guy from the WWF (now the WWE), and the WCW.

As you can imagine, he took A TON of punishment from the likes of Goldberg to Hulk Hogan. How much punishment? He was nearly crippled, and he could not touch his own feet while standing.

Then he invented a brutal version of training that mixes Yoga, Resistance training, functional core training and even a bit of Gymnastics! It hurts so bad, but you feel so GOOD afterward!



It's kind of like a shot of Jack Daniels. It sucks going down, but it makes you feel all warm and fuzzy inside later.

As MMA has progressed from brawlers like Tank Abbot to the technical move-

ments of Anderson Silva and GSP, so must your core and functional training.

Too many athletes neglect stretching and myofascial release techniques. You need to continuously innervate your nervous system to accept greater stresses on your fascia and tendons to attain a release. This allows you to increase your range of motion. This occurs when the nervous signal reaches the Golgi tendon organs where the muscle touches tendon material (origins, insertions), and the signal gets overridden to allow your muscle to relax and stretch, instead of tightening up and shortening the muscle belly.

DDP can do some CRAZY movements as you can see. Please try some of his

philosophies out and watch his videos that walk you through it (Watch the video in our DIGITAL EDITION!). My fat butt got embarrassed by him! My heart rate spiked while virtually standing still with ZERO IMPACT on



my body. He calls it dynamic resistance, wherein you flex your muscles as hard as possible while moving through each movement. This increased both my turgor pressure in the muscle bellies and increased my blood flow. We kept this elevated level for 30-45 minutes.

Afterward, we cooked buffalo burgers, had a salad with balsamic vinegar and a half gallon of water. This guy lives an organic, spiritual life and he takes his training VERY seriously. He is NOT Steven Seagal taking credit for a kick that Erik Paulson did in Shooto 20 years ago. LOL!

DDP is a solid cat, and as you will see later in this issue, he has taken so much time to work with and entertain our troops overseas.

Feel free to reach him at [dallas@diamonddallaspage.com](mailto:dallas@diamonddallaspage.com), or myself at [detroitdiesel34@aol.com](mailto:detroitdiesel34@aol.com).

P.S. DDP put me through YRG Extreme for advanced athletes. There was NO impact on my joints, yet a HELL of a lot of burning in my muscles!



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1A Banana Split

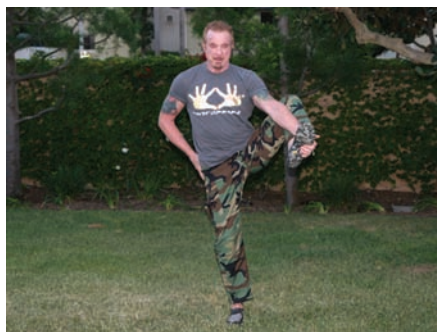
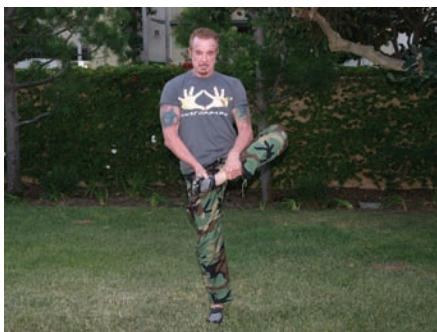
1B Banana Split



2A Head Kick

2B Head Kick

2C Head Kick





3A Can Opener



3B Can Opener



3C Can Opener



3D Can Opener



4A Forearm Stand



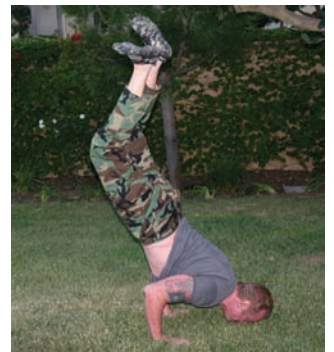
4B Forearm Stand



4C Forearm Stand



5A Psycho Push Up



5A YRG Extreme - Back Bridge into...



5B ...L Hold and back again for counts of 10 to 20

