

MAN FLOW

IGNITE CHALLENGE

**28-Days
6 Workouts
Before & After
Man Flow Diet
Nutrition
Recovery Guide**



**By Dean Pohlman
CEO & Founder, Man Flow Yoga**

MAN FLOW IGNITE CHALLENGE



Intro

Welcome to the Yoga for BAMFs Ignite Challenge. The goal of this 28-day challenge is to help you realize all of the physical benefits that accompany the simple habit of a consistent yoga routine (as well as some other smart and healthy habits). Join myself (Dean, CEO & Founder of Man Flow Yoga) and the Man Flow Yoga Community in a month-long program to help **ignite** your yoga practice, and take your health to the next level.

The Before & After:

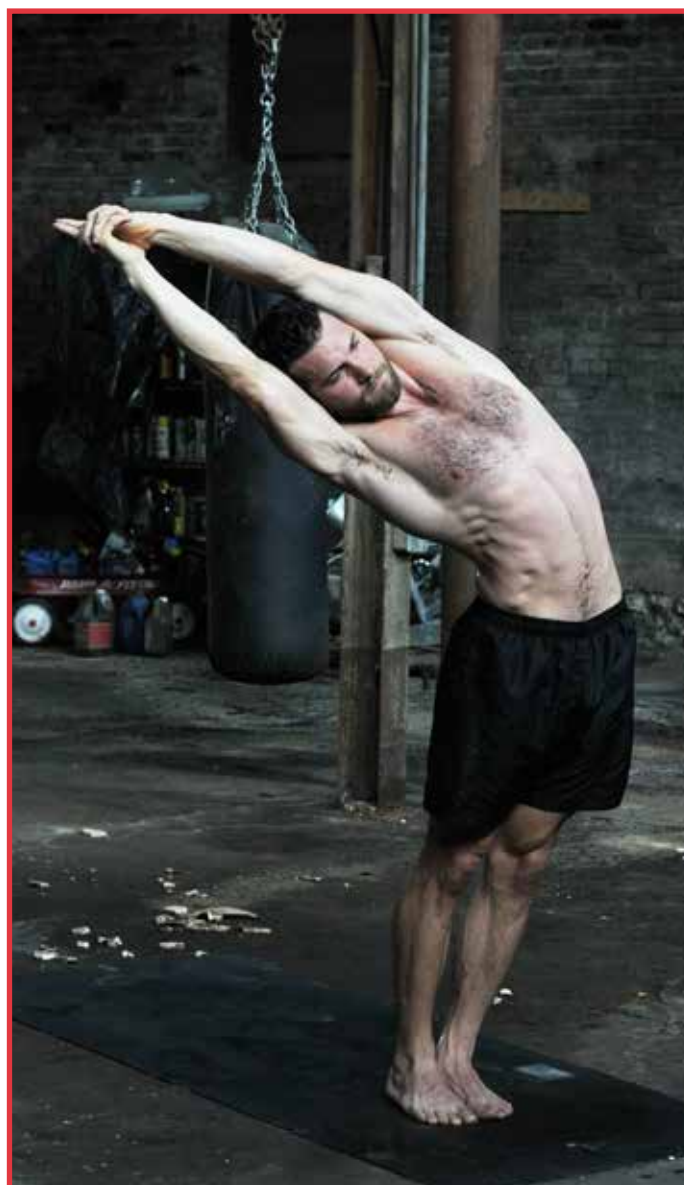
The before and after section of the Yoga for BAMFs Ignite Challenge will involve some taking pictures of yourself. Some of these photos will measure what your body looks like (aesthetics, size, etc). Photos taken for the Man Flow Fitness Tests will measure your strength and range of motion.

The Workouts:

Every workout that you are doing for Yoga for BAMFS Ignite is drawn from the Yoga Basics for Men Workout Series (part of the Yoga Basics for Men Starter's Package). If you do not own the Yoga Basics for Men Workout Series, please visit gumroad.com/manflowyoga to purchase it.

The Diet & Nutrition:

The dietary portion of this challenge is an outline of the diet to which I personally adhere, which I'll call the "The Man Flow Diet". It is the result of



MAN FLOW IGNITE CHALLENGE



years of sifting through and testing the theories of well-known health and wellness professionals, separating bro-science, fact, and fad, culminating in a series of guidelines that help me maintain and build muscle, sustain energy throughout the day, sleep well, and wake up revitalized.

The second part of this section is a truly revolutionary customized nutritional program facilitated by IDLife. I have personally been an avid consumer of IDLife since I started using their products in early 2015. I am absolutely blown away by the IDLife leadership's commitment to high-quality products for their consumers, which is why I am willing to stake the reputation of Man Flow Yoga on IDLife.

The Recovery:

The recovery section of this program focuses on ensuring that you are taking the necessary actions to allow your body to recover from the workouts, focusing specifically on the most important activity for your overall health: sleep.

Enjoy the challenge!



Before & After

The before and after section of the Yoga for BAMFs Ignite Challenge will involve some taking pictures of yourself. Use the timer on your cell phone if you need to, or just have a friend do it for you. Don't worry about bad lighting or a messy background. Just do it! *(I took all of the photo examples you see in this guide using the timer feature on my iPad on a simple iPad stand.)* You don't need to share it with anyone if you don't want to, but I do want you to put it somewhere in your living area, where it is clearly visible. Why? Because this will motivate you to be better. It's a proven method.

Read through the before and after guide below, and [then watch the full video, for more in-depth instructions for each portion of the before and after section by clicking here.](#)



Yoga for BAMFs Ignite - Before & After Instructions

Basic Standing Position

The first set of before and after photos is from a basic standing position; one from straight on and one from the side, wearing nothing but your shorts or boxers. (Tip: Make sure to look as miserable as possible in the before photos, and appear ecstatic in the after photos.) This is the aesthetic portion of the before / after tests.

Before



After



MAN FLOW IGNITE CHALLENGE



The Man Flow Yoga Fitness Tests

The more important portion of the before and after section is the fitness portion. The fitness portion will go through 7 basic fitness tests that I put every one of my new clients through. Take photos of yourself, one from the front, and one from the side, while you perform these 7 tests, so that you can compare your before and afters when the 28-day program is up.

The Man Flow Yoga Fitness Tests include:

1. Squat Hold
2. Plank
3. Wide-legged forward fold with interlaced fingers behind back (WLFF2 for short)
4. Deep Squat (Yogi Squat)
5. L-Sit (Staff Pose)
6. Seated butterfly
7. Seated forward fold



Example: Deep Squat

Physical Measurements

If you would like a more in-depth measurement of your before and after results, I would encourage you measure, instead of weigh yourself. Weighing yourself is not a great indicator of overall fitness, because it does not differentiate between muscle and fat. Measure in inches (or centimeters) the following areas with a measuring tape:

1. Both upper arms (mid-bicep)
2. Torso
3. Waist (horizontal at naval)
4. Hips (at widest point below waist)
5. Both legs (mid-thigh)



The Workouts

The Workouts

Every workout for the 28-Day Program is from the Yoga Basics for Men Workout Series (part of the Yoga Basics for Men Starter's Package). [If you do not already have the Yoga Basics for Men Workout Series, you can purchase it by clicking here.](#) (Or, [purchase the full Yoga Basics for Men Starter's Package for just a few dollars more.](#))

Here's the schedule:

Mondays: Yoga Basics for Men Workout Series: Hips

Tuesdays: Yoga Basics for Men Workout Series: Hamstrings / Lower-back

Wednesdays: Yoga Basics for Men Workout Series: Upper-back and Shoulders

Thursdays: Yoga Basics for Men Workout Series: Balance

Fridays: Yoga Basics for Men Workout Series: Core & Spine

Saturdays: Yoga Basics for Men Workout Series: Rest & Recovery

Sundays: Rest / Active recovery (walking, light bike riding, etc)

FAQs

When should I do the workouts?

You can do the workouts whenever it is convenient for your schedule. If possible, the workout should be completed no sooner than 3 hours before sleep, to ensure that sleep is optimal.

What should I do after the workouts?

Immediately after the workouts, consume a protein-rich meal and hydrate yourself. Check the Man Flow Diet for additional info.

Can I do other workouts?

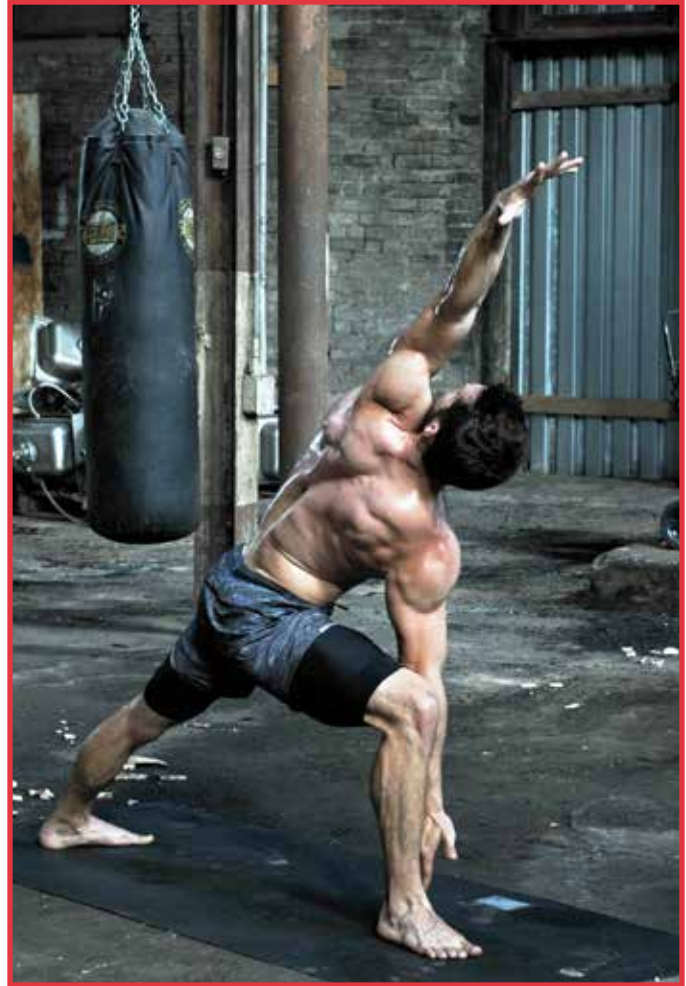
Of course! However, I recommend that you listen to your body to ensure that you are not doing too much exercise. If you are just starting a fitness routine, the workouts in this program will be sufficient. If you start to notice signs of over training, such as feeling overly tired throughout the day, fever-like symptoms, or trouble sleeping, tone down your workouts.

IGNITE CHALLENGE



How should I combine the workouts with the Yoga Basics for Men Workout Series with other workouts?

The workouts from the Yoga Basics for Men Workout Series should precede the other workouts that you do. For example, if you are lifting weights or going running, complete one of the 20-26 minute workouts from the Yoga Basics for Men Starter's Package before hitting the weights or putting on your running shoes. The only exception is if you are doing the Rest & Recovery Workout, which should be done immediately after your other workout.



Man Flow Diet

Message from Dean

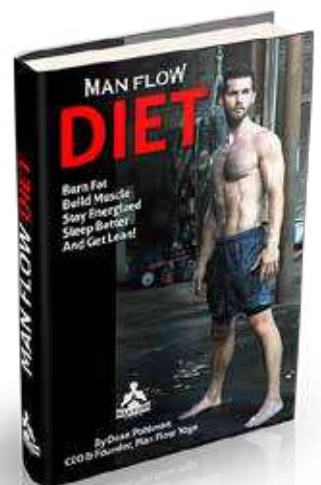
I created the Man Flow Diet to help you better understand my own personal eating habits in an easy-to-follow format, so that you can utilize food as fuel to build lean muscle and burn fat. The Man Flow Diet starts with a select few important concepts and guidelines with which you should familiarize yourself.

The food section features foods that I personally consume on a regular basis, categorized by: (1) meat, (2) low-carb vegetables, (3) high-carb vegetables, (4) legumes, (5) fat-rich foods, (6) nuts, (7) drinks, (8) snacks, and (9) cooking oils, condiments, additives, etc. Beyond these, there are the “Okay” and “Shadowland” lists.

The “Okay” list includes grains, simple carbs, and other foods that I consider to be acceptable for consumption, but not recommended for consumption multiple times throughout the day (unless your goal is weight gain). The “Shadowland” list includes foods that you should avoid.

The following section features some of my favorite meals for breakfast, lunch, dinner, pre-workout, and post-workout. The final section of the guide teaches you to “cheat” your diet with two specific “cheat” methods, both of which I’ve tested and found to be effective.

Originally, I was planning on giving the Man Flow Diet out for free. However, this is something that has taken me years to develop and I unfortunately cannot simply give it out for free lest you see it as an invaluable product. Instead, I’m offering years of research and personal testing experience for the low price of \$7.99 so that you can build muscle, burn fat, get LEAN and maintain energy throughout the day. The cost of this proven-effective diet is less than the majority of Americans spend on a single meal, and I’m willing to bet that this may be the best purchase that you will ever make in your life, considering the return on investment that you’ll reap in terms of your health.



[Click here to purchase the Man Flow Diet.](https://www.manflowyoga.com)

Nutrition

Nutrition: IDLife

I am ecstatic to introduce an integral part of the Ignite Challenge, a truly revolutionary customized nutritional program facilitated by IDLife. I have personally been an avid consumer of IDLife since I started using their products in early 2015. I am absolutely blown away by the IDLife leadership's commitment to high-quality products for their consumers, which is why I am willing to stake the reputation of Man Flow Yoga on IDLife.

IDNutrition is the foundational product of IDLife, backed by 18 years of third-party, peer-reviewed scientific studies to create a live, HIPAA protected free online health assessment. The IDNutrition Assessment takes into consideration your current health history, lifestyle, eating habits, goals, conditions, and medications in a simple online assessment to determine your unique nutritional need. Your nutrition is then packaged into individual, personalized strip packets marked with your name and the time of day it should be taken. You can even click the links on the recommendation to see exactly why each nutrient is recommended for you and when you should take it!

IDLife also has a stellar line of other products designed to supercharge your health and help you excel in life, each backed by science-based studies (not by results-based studies!).

They have the highest quality meal-replacement shake that I have ever seen - 99.9% lactose free, containing micro-milled chia seeds, and whey derived from grass-fed cows. They also have other supplementary products to help you lose weight, build lean muscle, sleep better, hydrate, excel in your workouts, recover in post workout, and more.



MAN FLOW IGNITE CHALLENGE



[To get started, just click here to take IDLife's HIPAA-compliant online assessment.](#)

IDLife: 28-Day Challenges

To see the best results that you possibly can in the Yoga for BAMFs Ignite Challenge is by integrating the 28-Day IDLife Challenge to the diet section of the challenge. IDLife gives you 3 different options for their 28-Day Challenges: (1) Weight loss, (2) Fit, and (3) Performance. [Get started by clicking here.](#)

To sum up:

Yoga for BAMFs Ignite Challenge + Man Flow Diet + 28-Day IDLife Challenge =
UBER YOGA BAMF-NESS

Becoming an IDLife Associate Within Man Flow Yoga

There is no cost to taking the online assessment, however, if you sign up as an associate with IDLife you will receive a lifetime discount of 30% on all products, and a one time discount of 40% (10% more than the Associate discount) to try out as many products as you'd like. If you are not satisfied, you can return any of those products within 30-days for a full refund.

To me, this is a sign of your commitment to your leading and promoting a healthy lifestyle. As such, those who enroll as associates in IDLife will receive 2 personal webcam training sessions and unlimited email support in order to help them achieve their goals over the course of the month. Becoming an associate means that you will receive 30% off IDLife products for life, and gives you the opportunity to help financially reward yourself for spreading IDLife to your friends, family, and other potential prospects. I am happy to discuss IDLife with you via email, Skype or phone to help you make the right decision. Just send an email to dean@manflowyoga.com and we'll set up an time.

Visit my IDLife page and learn more about the products and the opportunity at manflowyoga.IDLife.com.

The Man Flow Guide to Better Sleep & Faster Recovery

Recovery:

The recovery section of this program focuses on ensuring that you are taking the necessary actions to allow your body to recover from the workouts, focusing specifically on the most important activity for your overall health: sleep.

Sleep:

There is no agreed upon number of hours that translates into a good night's rest. Some people are perfectly functioning with just 6 hours of sleep, while others need 9-10 hours. Bottom line, you should not wake up feeling groggy and disoriented every morning. You should also be sleeping enough to allow your body to recover from the workouts. I suggest starting at 7.5 hours of sleep and then determine the amount of rest you need from there. If you are new to working out, you will need more sleep than you usually do.

More important than number of hours of sleep is the *quality* of your sleep. For this, I'll request that you follow a few simple guidelines in the evenings to ensure that your body is ready to sleep.

The Do's:

1. **Eat fats and proteins.** Fats and proteins tell your body that is satiated, and this allows you to go to sleep. It also means that you get higher quality sleep. Put down the sugar and pick up the fats and meats before you go night night.
2. **Make it dark.** If you haven't yet, purchasing blackout curtains could be one of the smartest decisions for your health that you can make (other than starting Man Flow Yoga, of course). If you don't feel like doing any home improvement, just slip on a blindfold.
3. **Eliminate noise.** Ear plugs are one of my favorite tools for better sleep. If you live in a noisy neighborhood or apartment complex, earplugs will help you dramatically improve your sleep.
4. **Turn up the AC, and sleep naked.** The temperature of your bedroom (or wherever you're sleeping) should be between 60 and 67 degrees Fahrenheit. If you're sleeping in 80 degree weather, your sleep is significantly lower in quality. Sleeping with clothes on will also keep you warmer, which you want to avoid

here. Sleep naked if you can, or wear some breathable fabric like cotton.

- 5. Make a bedtime** (ideally right around after it gets dark). If you go to bed at the same time every night, it will make your sleep more regular. Try to make this bedtime shortly after it gets dark outside. That's when we're supposed to go to sleep. (10 PM is a good time.)

The Do not's:

- 1. No TVs, phones, or computers 2 hours before you go to sleep.** The light from these machines tricks your brain into thinking that it is still day time, and negatively affects your body's ability to produce melatonin to help you sleep.
- 2. No exercise 3 hours before sleep.** Try to get your workouts done at least 3 hours before you go to sleep, or you'll be wired from the workout. The exception here is if you are doing a slow, restorative yoga class, or deep stretching to help you relax.
- 3. No sugars immediately before sleep.** Put down the apples and bananas before you go to sleep. Sugar is not going to help you sleep. Even if it does help you eventually sleep from a sugar crash, your quality of sleep will be subpar because you fell asleep as a result of the sugar crash.
- 4. No intense work before bed.** Even if you are working without a laptop or smart phone, furiously scribbling your business plan into your notebook before you go to sleep will not help you relax.
- 5. No caffeine after 2:00 PM.** If you're sensitive to caffeine, none after 12 PM.
- 6. No alcohol within 2 hours of the time you go to sleep.** Allow your body to flush the alcohol out of your system before you go to sleep and recover.

Other Tips:

- 1. Meditate before bed.** If meditation isn't your thing, try laying down on your back or resting in child's pose, and focusing on breathing deeply in and out of your nose, making your breath last as long as possible and focusing on just the breath in your mind.
- 2. Read.** Find an easy read (try not to break



MAN FLOW IGNITE CHALLENGE



out that advanced philosophy book) and spend a few minutes lazily reading it in dim light with minimal distractions before going to sleep. This will help you wind down. Make sure to keep the light low.

- 3. Deep stretching or slow yoga.** This will help your body relax and also help your mind slow down. Make sure that you aren't pushing it too hard, or the result will be the opposite (you'll wake up instead of wind down).
- 4. Epson salt baths.** This will help relieve sore muscles in your body. Once per week (on your off day) is a great goal to aim for.

Sleep Aids:

- [Sleep Strips from IDLife](#)
- Decaffeinated tea (jasmine, chamomile, lavender)
- Turmeric, capsule form (extra strength) - If you have [IDLife nutrition](#) this should be included in your PM packet.