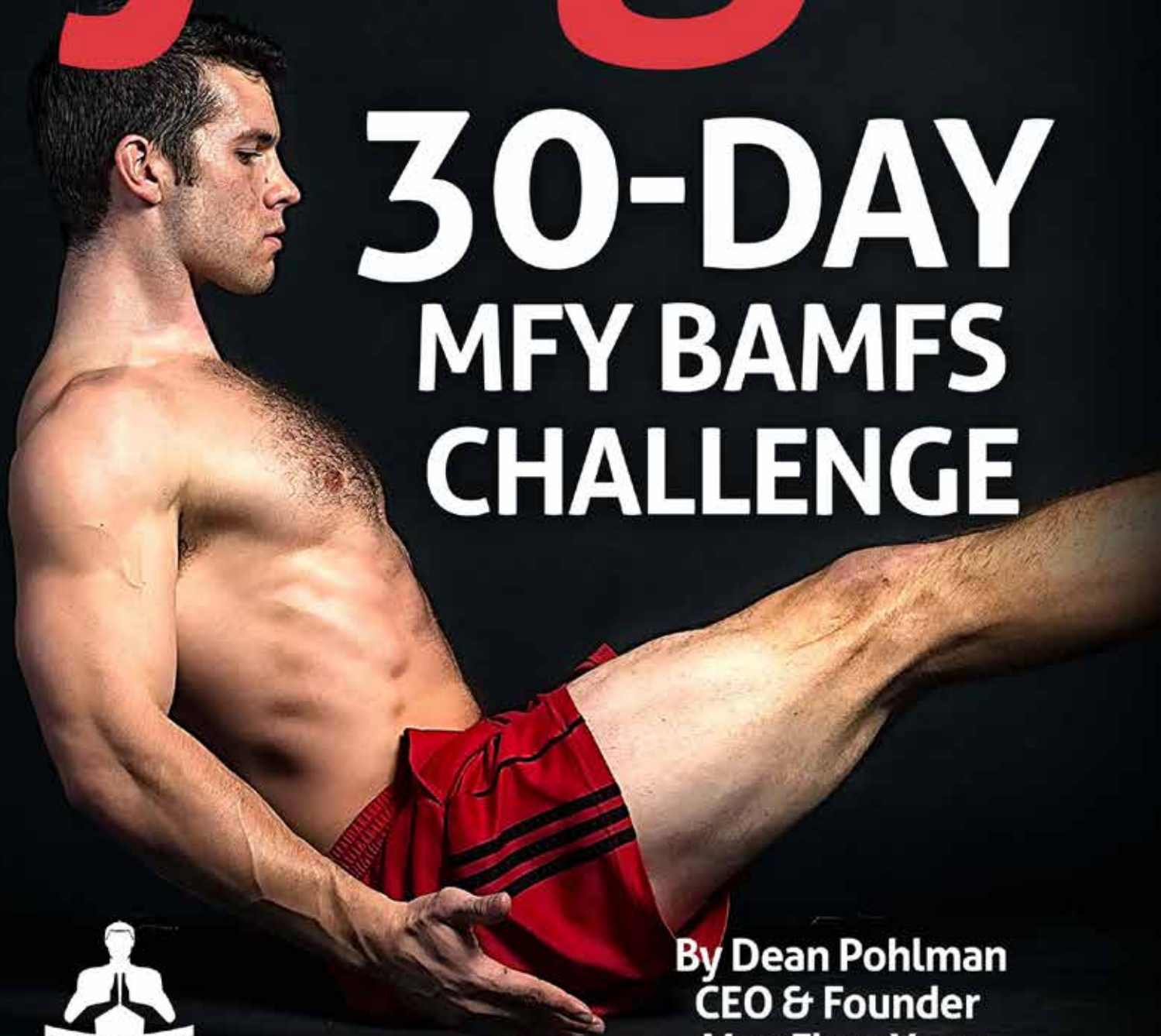


MAN FLOW

yoga®

**30-DAY
MFY BAMFS
CHALLENGE**



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

30-DAY MFY BAMFS CHALLENGE

Learn the basics of yoga with 30 videos of varying lengths and difficulty in 30 days.



By Dean Pohlman



Man Flow Yoga® BAMFS Challenge

The videos that I've selected are 30 of my best instructional videos and workouts on YouTube. The order that I've placed them in allows you to grow your knowledge of Man Flow Yoga® daily and apply them to each video as you progress through the series. The goal is to complete one video per day. If you miss a day, just do two the next day so you can keep up.

To keep up with the challenge online, go to www.mfycommunity.com/groups/2015-mfy-bamfs-challenge/, set up a profile, and then jump in on the conversations! Make sure to add as many people as possible to grow your connections within the Man Flow Yoga® community. Use the hashtags “MFY30” and “YogaForBAMFs” to share your progress and interact with others also doing the challenge on Twitter, Facebook, and Instagram. Submit photos to the forum on www.mfycommunity.com and you may see yourself on the @MFYCommunity Instagram account. Add me! My username is “dean”.

I also highly recommend that you purchase my #1 bestselling eBook, Yoga Basics for Men: An Intro to Man Flow Yoga®, to help you learn the basic poses that you encounter in Man Flow Yoga®. The eBook is available on my website for \$7.99. <http://manflowyoga.com/product-category/ebooks/>

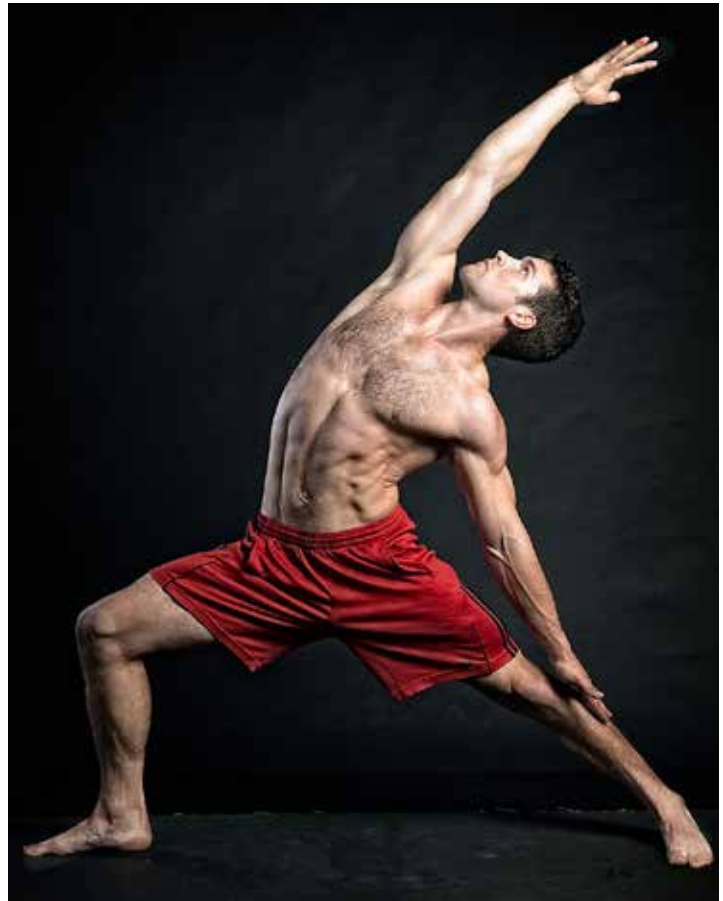
Key Physical and Mental Concepts

Here are the key concepts that you should keep in mind while performing the workouts to help protect yourself from injury. This includes physical concepts such as keeping a slight bend to your knee, but also mental concepts like listening to your body, knowing when to continue, when to stop, when to push, when to pull back, and, more importantly, when NOT to push.

1. The most important thing that you can do while doing the exercises involved in yoga is to listen to your body. Listen to what feels good, what feels slightly uncomfortable, and what feels very uncomfortable. Sharp pain or pinching should be avoided, while moderate discomfort is usually your body becoming

accustomed to a deeper range of motion or flexibility.

2. For exercises focusing on the hip flexors, shorten the distance between your feet.
3. For exercises focusing on the hamstrings, take a deeper bend to your knee, and/or shorten the distance between your feet.
4. For exercises that involve back-bending, minimize the arch in your lower back by squeezing your lower abdominal muscles tight to protect your lower spine.
5. Breathing - Last but not least is the breath. In yoga, you want to focus on linking your breath with your movements. When you inhale, you lengthen or rise. When you exhale, you deepen the stretch, sitting down lower, bending more, or reaching further. Concentrate on breathing in and out of the nose as slowly as possible to help you control your breathing rate. Control your breath; control your body.



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Day	Video Title	Short Description
1	10 Minute Hip Flexibility	A quick workout to give you some basic poses to work on hip flexibility.
2	Yoga for Men for Beginners - 7 Poses	7 poses for beginners. Learn some more of the basics.
3	Lower Back Pain Series - 1/6: Cat-Cow	Introduction to cat-cow pose, a great movement for stretching your spine and warming up your core. Make sure you've got the technique down and watch the video more than once if you need to.
4	Lower Back Pain Series - 2/6: Cobra	Introduction to cobra, the foundational pose to strengthening your lower back. Practice a few times to make sure you get the form correctly, and use a child's pose (or similar lower back relieving pose) afterwards. Child's pose can be found on the website's pose guide.
5	Lower Back Pain Series - 3/6: Staff	Introduction to staff pose, which works on engaging your core, opening up your shoulders, and developing hip flexor strength. Use a mirror to try and keep your back flat.
6	Lower Back Pain Series - 5/6: Standing Forward Fold	Standing forward fold is a fundamental pose to releasing your hamstrings and lower back. We cover focusing on the lower back here, instead of straightening the legs. Relax your neck all the way!
7	Yoga for Lower Back	A 30-minute workout to help relive lower back pain by focusing on your core and stretching the muscles connected to your spine, including hamstrings, glutes (external hip rotators), and hip flexors. Incorporate what you've learned over the last week in the videos I did with Gustavo.

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Day	Video Title	Short Description
8	6 Poses that Guys Hate	Review of 6 poses that are traditionally more difficult for guys - dolphin, downdog, warrior 2, pigeon, pyramid, and eagle. Practice these multiple times if you need to.
9	Hip Flexibility Series: 1/5: The Slow Squat	The slow squat is an excellent exercise to actively work into hip flexibility and develop lower body and core strength. Do this for a minimum of 5 reps, taking 10 - 15 seconds on each descent and ascent.
10	Hip Flexibility Series: 2/5: Lizard	Lizard is a hip flexor and hamstring stretch can be done either actively (with a raised leg) or passively (with the back knee down). Great for recovery.
11	Hip Flexibility Series: 3/5: Figure 4 (Reclined Pigeon)	Figure 4 (reclined pigeon) is a good option for people who don't have the flexibility for full pigeon. If you can do this with no problems, you can try out pigeon (found in the pose guide).
12	Yoga for Lower Body	An intense lower-body focused session from the upcoming Guyoga X: The Total Body Workout DVD. This will be hard. Apply the technique that you've learned in the previous videos.
13	Hip Flexibility Series: 4/5: Reclined Butterfly	Reclined butterfly is great for opening up your hip flexors and groin. This is a passive pose, so it's great for after a workout or for when you are sore (and you will probably be sore after your workout yesterday!)
14	Hip Flexibility Series: 5/5: Progressive Low Lunge	The progressive low lunge is one of my favorite ways to actively stretch the hip flexor. This helps you get progressively deeper into your hip flexors.
15	Man Flow Yoga for Beginners	A 48-minute class that covers a large range of poses found in Man Flow Yoga. Technique wise, it's easy, but endurance wise this is an intermediate level of difficulty. Some new poses here. Start at 2:30.

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Day	Video Title	Short Description
16	Full Locust	This video teaches you to do a proper full locust pose, which strengthens the entire back side of your body while stretching the front of your body.
17	Supine Bicycle	A short 5-minute video that teaches you proper technique for supine bicycle, an exercise that is fantastic for working your core and relieving pressure in your lower back.
18	Standing Side Stretch	Learn standing side stretch, a basic move to help you open up your shoulders, chest, intercostals, while working on core engagement and balance.
19	Core / Twist Workout with Erica Vetra	A 33-minute workout that focuses on your core and on twisting to help keep your back and core healthy and strong. Guest instructor (and hottie) Erica Vetra joins me so you can get an idea of some other instructor's styles.
20	Interlaced Fingers Behind Back	Learn a fundamental stretch that opens up your pecs and helps undo the stress of excessive pushing, rounded shoulders, and poor posture. Pay attention to the technique.
21	Downdog (Focusing on Shoulders)	Learn the basics of downward dog so properly open up your shoulder and maintain the integrity of your spine and core, instead of straightening your legs when you're not yet ready.
22	22-Minute Core Workout	An intense, 22-minute workout that works your whole body while focusing on your core.
23	Yoga for Upper Body Tips 1/4: Extending Your Fingers	A short instructional video that teaches you to extend your fingertips for optimal stretching in your upper body during standing poses.

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Day	Video Title	Short Description
24	Yoga for Upper Body Tips 3/4: Internal Arm Rotation	A short instructional video that teaches you to internally rotate your arms to help open your upper body.
25	Yoga for Upper Body Tips 2/4: Active Arms	A short instructional video that teaches you to keep your arms active and engage your back muscles.
26	Death by Warrior 2	A very intense 53-minute workout for your lower body. It's called Death by Warrior 2 for a reason. Expect your legs to feel like jello afterwards. Incorporate what you've learned in yoga for upper body tips.
27	Yoga for Upper Body Tips 4/4: Wrist Stretches	This short video teaches you some wrist stretches that you can incorporate into yoga to help stretch your forearms and wrists. You can throw these into the workouts you do in the future if you're craving a forearm stretch.
28	Upper Body Workout	Intense 38-minute upper-body focused workout. This will be one of the featured workouts on the Guyoga X DVD. Remember everything from the upper body tips and videos I did with Brandon of Entrepreneur Fitness.
29	Full Body Flow	25-minute full-body workout. Intermediate difficulty, but relatively short. Some new poses.
30	Pyramid Workout	Difficult 50-minute workout. Each sequence builds on the previous sequence, making each one harder than the next. Incorporate everything you've learned!

Personal Training via webcam

I offer private instruction via webcam to individuals who are looking for a more tailored program to improving their physical health and fitness through Man Flow Yoga©. This is a great option for people who are just starting yoga and may need a little more attention, as well as for people who are looking to improve in a specific area of physical fitness, including shoulder mobility, arm balances and inversions, or sport-specific training. I work with beginners and experts alike. You'll meet with me once or twice weekly to work toward achieving your physical fitness goals. I work with a limited number of individuals on a weekly basis. For a free consultation, send me an email at training@manflowyoga.com, and please include a brief description of your physical fitness history, your goals, and your availability. Visit <http://manflowyoga.com/remote-train/> to learn more about why you should enroll, and to read testimonials from others who have had tremendous success with my remote training program.

Workout Vacations

I host several workout vacations (retreats) annually. In August of 2014 we traveled to Roatan, Honduras with 18 people for a full week of Man Flow Yoga©. In December of 2014, we went to San Diego for a weekend of Man Flow Yoga© immersion, and from June 7 - June 13th we'll be going to St. Croix in the U.S. Virgin Islands. The YouTube videos are effective, but think about how effective a week of in-person instruction is! These retreats are the best way for people to be immersed in my approach to fitness and yoga. This isn't just a vacation; it's a week-long learning experience. It's also a fantastic opportunity to connect with other individuals passionate about the physical practice of yoga, and form friendships that will last long beyond the last day of your vacation. For information on these, visit the events section (www.manflowyoga.com/category/events/) of the Man Flow Yoga© website, or send an email to events@manflowyoga.com.

Introducing the Manbassadors:

The Manbassadors are a group of devoted Man Flow Yoga© enthusiasts that are interested in improving their physical fitness through Man Flow Yoga© while helping

to promote the Man Flow Yoga© brand. Info on these BAMFS will be available on the website by the end of January.

Contact Info:

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 **The best way to stay up-to-date with Man Flow™ Yoga**
Email list: <http://eepurl.com/Wolbz> 

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