

Bodysculpting meets yoga in this revolutionary workout from Ironman triathlete Anthony Carillo. Learn to combine yoga poses with upper-body work for super-fast results. Add more power to your yoga routine! Developed by Anthony Carillo when he was training for the super bowl of triathlons, the Ironman World Championship, the Iron Yoga method has quickly become one of the hottest fitness routines on the East Coast, and Carillos innovative approach has already been featured in Mens Journal, Yoga, Fitness, Mens Fitness, Elle, and on CNN. Iron Yogas novel full-body workout lets you reap the benefits of both yoga and weight training. While practicing over 25 of your favorite yoga asanas, youll incorporate light to moderate dumbbells to work the arms, shoulders, chest, back, and core. Every exercise for the upper body is performed slowly in conjunction with the rhythmic flow of yoga breath, which provides a superior burn. Throughout the book, 125 photographs clearly demonstrate the proper form for each pose. The result is a body shaping, toning, and sculpting routine that increases lean muscle mass, fires up the metabolism, assists with weight management goals, increases flexibility and range of motion, sharpens concentration skills, and enhances proper breathing techniques--calming the body and reducing stress and tension. You cant find this completely original workout anywhere else.

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