



## Iron Yoga: Combine Yoga and Strength Training for Weight Loss and Total Body Fit

By Carillo, Anthony.

Rodale. 1 Paperback(s), 2005. soft. Book Condition: New. Developed by Anthony Carillo when he was training for the Hawaii Ironman World Championship, the Iron Yoga method combines yoga poses with upper-body work. Iron Yoga's full-body workout incorporates light-to-moderate dumbbells to work out arms, shoulders, chest, back, and core while practicing more than 25 yoga asanas. Carillo's routine is meant to increase lean muscle mass; boost metabolism; assist with weight management goals; increase range of motion; sharpen mental focus and concentration skills; and calm the body while reducing stress and tension. 207.



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