



THE FITNESS DUDE SYSTEM

PRACTICAL BIKRAM YOGA

MOBILITY. FLEXIBILITY. STRENGTH.
REAL BENEFITS. **ZERO RITUAL.**



IMPROVE MOBILITY
AND FLEXIBILITY.



SUPPORT KNEES,
HIPS AND BACK.



INCREASE SPINAL
MOBILITY AND POSTURE.



BUILD DEEP STRENGTH
AND END-RANGE CONTROL.



10-MINUTE PRACTICE.
MAXIMUM BENEFITS.



PRACTICAL TOOL.
REAL RESULTS.

NOT A RITUAL.
A TOOL.
A BETTER BODY.



Practical Bikram Yoga

Introduction

Welcome to the **Practical Bikram Yoga** introduction.

Our goal here is very simple: we want to extract the practical benefits of Bikram Yoga for mobility, joint health, flexibility, spinal mobility, posture, deep strength, end-range control, and body awareness.

And we are going to put the breathing rituals, meditation, mindfulness, chakra-opening, spiritual philosophy, and all the ritual aspects of yoga on the side.

Not because they are bad. They can be great for some people. But for many of us, those elements make yoga feel like a whole lifestyle, a whole identity, a whole “main event.”

And that is not what we are doing here.

We are not trying to become yoga people. We want healthy joints, strong knees, a better back, more flexibility, better mobility, and a body that works.

That's it.

Practical Bikram Yoga

The official Bikram Yoga class is usually a 90-minute session, done in a heated room at around 40 degrees Celsius or more. So basically, you are doing yoga for 90 minutes inside a sauna.

Needless to say, for most people, that is not exactly the most sustainable or fun thing in the world.

I personally did the official heated 90-minute classes for a while. And again: I understand why some people love it. It can be absolutely fantastic.

But I did not want to depend on that format forever.

What I wanted was to keep the part that helped my body, especially my knees, back, hips, and overall mobility, and make it practical enough to actually use consistently.

I also worked for years with Martino Müller, a famous choreographer — you may know him from *Notre Dame de Paris*. He had serious knee problems, really serious ones, and Bikram Yoga helped him a lot.

So I do believe in the benefits.

Firmly.

And on top of that, from my own experience, I was definitely able to reduce knee pain and back pain through this sequence.

So the question became:

How do I keep the benefits, but make it realistic?

At first, I forced myself to do a 30- or 40-minute version every day, or at least most training days. And I'm telling you, I did this sequence for around 10 years.

After a while, I was so fed up.

Especially once I realized that yoga alone was not the full answer to my problems. It was one piece of the puzzle. A very useful piece, but still only one piece.

So eventually I asked myself:

Why not take it to the next level of practicality?

Why not do it as efficiently as possible?

Not rushed. Not sloppy. Still going deep into each pose. Still using the positions to build mobility, flexibility, isometric strength, and joint control.

But no repetitions, no repeated cycles, no eternal holds, no 90-minute survival mission.

Just one pose after the other.

Clean.

Practical.

Done.

And that was liberating, because it became a 10-minute routine, while still keeping the benefits — especially because I could actually do it consistently on training days.

Obviously, if you do it only once a week for 10 minutes, the benefits may be quite limited. In that case, the 90-minute heated version would make sense again.

The real value comes from making it consistent.

Then, over time, I started combining this practical yoga sequence with the rest of my mobility work, in order to complete the full picture.

Now, here is another idea.

I still suggest that you learn and do the yoga sequence as a sequence. There is value in that.

After a while, it starts to flow. You do not need to think about which pose comes next. You just do it.

And another strong point is that it is a full-body sequence. It mobilizes parts of the body we might forget or underestimate in a normal routine: spine, hips, knees, ankles, shoulders, balance, posture, and lower-body control.

That said, you can also take this to the next level of practicality.

If you do not want to use it as “yoga,” then simply extract the best poses and integrate them into your mobility workout.

You can break the sequence apart. Take your favorite exercises. Use them separately. Place them wherever they fit inside your own mobility structure.

That’s it.

I personally still believe in the sequence, so I still like to keep it together. But the point is not to be religious about it.

The point is to use what works.

For me, this practical sequence is especially powerful for the knees, back, hips, posture, spinal mobility, and general lower-body mobility.

So use it as a tool.

Not as a religion.

Not as a lifestyle you need to adopt.

Just a practical tool inside The Fitness Dude System.

Practical Note Before You Start

For many people, this sequence may look impossible or very advanced at first.

Do not trick yourself into that corner.

Every single pose is scalable.

If you are so stiff or limited that you cannot even start some of the poses, skip those for now, or use the easier variation until your body feels ready.

I'll show you how to scale them, but you also have to be responsible for yourself and your body. Do not force range of motion. Do not fight your joints. Do not turn this into a mobility race.

I am so used to doing these workouts that sometimes I underestimate how difficult some of these positions can be for other people. So do not let that discourage you.

Work with what you have.

Use the range you have today.

Progress slowly.

Listen to your body.

The goal is not to look perfect in the pose.

The goal is to use the pose to improve your body over time.

Less pain. More gain.

Video Instructions

- **Instruction Video:** there are two yoga videos. The first is longer because I first need to teach you the poses, the logic of the sequence, and how to scale the exercises to your current level.
 - **Follow-Along Video:** once the sequence is clear, head over to the 10-minute follow-along video. That one is short, smooth, and without a lot of chit-chat.
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