
Back workout??

Posted by Rosynho - 2008/04/30 06:15

Hy im new in p90x, iv been doing it for 4 weeks now, and its perfect. But there r some problems about back workout. Is there any other workout that i can do instand of pullsup and bands?

Sry for bad english.:(

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Re:Back workout??

Posted by Les - 2008/04/30 13:07

do you have access to a gym?
if so you can try the lat pulldown on a resistance machine

but for what p90x is designed for i.e. home use i.e. limited equipment pull ups and/or band is the way to go

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Re:Back workout??

Posted by Rosynho - 2008/05/01 06:40

Iv got bands and waights, but dont know any workout for back with them

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Re:Back workout??

Posted by Les - 2008/05/01 09:22

I think you're asking for working you can do beside the ones in your back & legs dvd, in which case I'd suggest you get a book on exercises or go to bodybuilding.com and check out the back exercise workout, or any fitness magazines should have some exercises for you.

but if that's not the case then please elaborate

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