
Crazy Train Schedule

Posted by P90X ADDICT - 2008/05/31 17:22

I would like to congratulate those of you that have purchased tickets to the craziest train ride in the world. Your Conductor Kenny, Engineer Les, Security Director Lskarp, and me, your psycho doubles partner Addict are here to help you along on this exciting journey.

It seems that we have quite a few new passengers, but just the same we have lost quite a few along the way. We understand that this ride is not for everyone.

You started this program to change "your" life, not anyone else's, not the girls on the beach, not your husbands, not your high school reunion buddy's, you did it for the person in the mirror, it's the person you don't recognize anymore. Yeah some are doing it because they have plateaued elsewhere, but for the most part, you were sick of being "you".

You signed on for a 90 day program and that is exactly what you are going to do, because we are going to help you, you can scream, gripe, yell, cuss, and anything else you want to do, but we are still gonna be here in the morning, cheering you on, and working out along side of you. Get your pictures up on your page and don't let that person back into your house ever again, use it as fuel to fire up the train engine, because at the end of that 90 days, we are gonna be waiting at the station with your certificate in hand.

It's great to have workout buddy's here, at least people in the same phase so that they can bounce question off of each other. For those that have a significant other joining them on this journey, congratulations, but hold on tight, for it is very easy to let your partner talk you out of a workout, quitting etc...Do it for yourself and if they can keep up, all the better, but DONT let them drag you down.

ALLLLL AAAAABBBBBBOOOOOAAAARRRRRDDDDDD. NEXT STOP: RIPPEDLAND, FOLLOWED BY A STOP IN SORECOREVILLE, IHATEYOGABUTISTILLHAVETODOIT TOWN, AND TONYHORTONVILLE.

Re:Crazy Train Schedule

Posted by chub*rock - 2008/05/31 18:53

It's the best ticket I ever bought! Plus, I love this site! It has been a huge help! Thank you to all the leaders on the train:cheer:

Re:Crazy Train Schedule

Posted by Steph B - 2008/06/03 13:21

P90X ADDICT wrote:

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That is great addict! I am still here. I am going to have to back up to the beginning of phase 2 due to illness. I have not given up just need to back up a bit. I still got the ticket if you still got the certificate !!!:laugh:

Re:Crazy Train Schedule

Posted by P90X ADDICT - 2008/06/03 15:25

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I got the cert in my hand girl, come and get it. As for the extra weeks in phase 2, you will only increase your strength, so you can't lose, it just pushes that 90 day goal line down the road abit, but there is nothing that is gonna stop ya!!!!!!!!!!!!!!

Glad to hear your still killin it!!

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