
Finally starting the right way...

Posted by kahunaman - 2008/09/01 13:54

I can't imagine I'm the only one...

I got the program in May. messed around with it. Didn't do the diet. Only did the workouts that I liked doing, blew it off, etc. etc. And then all of a sudden I got Tony pissed off at me on one of the videos and realized if I was going to do it, I needed to do it right.

Today is Sept. 1, and my wife has committed to doing the program with me. We're starting from scratch, have the fridge full of food, my fitday account ready to track, and I just pounded out Chest and Back and as much of AbRipperX as I could.

I am 5'11, 270lbs and strong, but flabby. I'm looking forward to hitting this hard, and will FORCE myself to do the yoga, plyo, and all the things I avoided in the past because I know I have to.

nice meeting you all.

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Re:Finally starting the right way...

Posted by No1up - 2008/09/01 14:01

GOOD man! Don't see the other time you spent on it as time waisted, since I'm sure, that helped you get in shape now to hit it hard!

I've been doing as much as I could pushing and pushing, I am now ALMOST able to do the whole abb ripper!! My diet, has not been like the book since I can't cook all that, but it is clean. I'm going to do 180 days, the first 90 are to get me in shape! Then again to really give it the go P90X is ment for! Good luck brother, keep us posted!

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Re:Finally starting the right way...

Posted by johninjersey - 2008/09/01 17:10

i was sick midway thru my second week. Continued to work out, then got real sick for week 3.

I decided that I am gonna start week 2 over and go from there. I am also going to begin abripper now that my back problems went away with weight loss....

BRING IT!

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Re:Finally starting the right way...

Posted by kahunaman - 2008/09/01 20:58

Thanks guys.. .I appreciate the encouragement.

I'll be blogging at <http://iamjongalt.blogspot.com/>

Cheers...

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