
How important and hard is the Fit Test

Posted by grosbiz - 2008/04/29 19:17

A friend of mine left me his DVDs and workout "routine" while he is overseas for the next 6 months, but he did not give me the fit test. I was wondering how hard the test was and how important it is in order to begin the workout dvds.

I am 26 years old, 5'8" 250 lbs with no physical conditions. I have been working out(mostly cardio) for the last month and a half with a result of a 10 lbs lost and 2 inches lost at the waist. I am not afraid to say that I am overweight but I don't have the body to get to 170lbs(big bones). 200lbs is my goal.

Thank you very much for all the info and great forum by the way.

Justin

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Re:How important and hard is the Fit Test

Posted by Les - 2008/04/29 20:53

Welcome Justin

the Fitness test is important,
P90x is a "little" tough so you'll need to be in shape to embark on this program.
the fitness test help determine your level of fitness, and whether or not you should get in shape before applying to be enlisted in the Sparta army.
but it sounds like you are already ready to go as you're already doing very well.
the link below has a spreadsheet in which you will find the fitness test.

<http://www.weightloss-hq.biz/weight-loss-forum/p90x-forum/p90x-classic-routine-excel-spread-sheet.html>

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