
I'm gaining weight! Am I doing something wrong?

Posted by Adam182 - 2008/10/05 00:22

Hello everyone, I just started p90x 3 days ago. All I can say is ouch! I'm definitely feeling it. I'm 33, 6'2" and have never been in decent shape.

I've been following the diet plan pretty exactly and have been doing all of the workouts in sequence so far, even somehow making it through most of Ab Ripper, but I'm up 3 pounds. Is something wrong or is this normal? I've been eating more than usual to get all of the required protien and calories but I've also been sweating and burning more than normal too.

Any advice would be appreciated.

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Re:I'm gaining weight! Am I doing something wrong?

Posted by Uday - 2008/10/05 03:09

Having read most of the forums here - a few people do put on weight as they are just building muscle.

The weight loss starts happening mainly in the 2nd month.

Another bit of advice - mainly from other threads - don't get on the scales too often. Use other indicators like belt notches and the top button of your shirt not being as tight around your neck.

Good luck.

Uday

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Re:I'm gaining weight! Am I doing something wrong

Posted by Kevin - 2008/10/05 06:38

Welcome to the forums, Adam!

Uday is right...you often gain weight during Phase I. It starts dropping in Phases II and III.

Don't panic, you're on the right track.

Sparta-bound!!

Kevin

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Re:I'm gaining weight! Am I doing something wrong

Posted by rippin5150 - 2008/10/05 10:56

I lost weight one Phase One but I also ran 2 to 3 days a week. Since I started Phase 2 I have gained a couple of pounds. I agree with the above statement use your belt and clothes as your scale. What you see on the scale does not reflect what you see in the mirror. Let your waistline be your guide. Stick with it and you will get the results you are looking for.

Best of luck

Ken

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Re:I'm gaining weight! Am I doing something wrong?

Posted by Veerukka - 2008/10/06 10:40

Chiming in -- I am in week 3 of Phase 1 and have gained 3lb. HOWEVER, the mirror and my clothes show that I am smaller. Don't panic, it is gained muscle.

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