
Just ordered the p90x today....got some questions

Posted by BigFoot - 2008/08/23 22:35

first let me give you some back ground on me. Im 6'9" and 39 yrs old. I started working out on my own with no outside help other than digging into my old nutrition books from college and rembering some of the old excersizes i used to do back when I played basketball. Since then I have lost 113 lbs!!!. But, i have reached a plateau and cant seem to gain any more strength or lose any more fat. I saw this p90x commercial and have been researching it all day and read just about every post on this site. I want to gain more in the chest and lose the remainder of my gut. Im hoping p90x shakes me out of the rut that i am in.

oh yeah my question is. what size dumbbells i should get and also should i just get single wt dumbbells or those multi plate ones with the dial a wt feature?

TIA

Bigfoot

(size 17 shoe...hence the screen name)

Re:Just ordered the p90x today....got some questio

Posted by Kevin - 2008/08/23 23:05

Welcome BigFoot!

P90X will definitely get you where you want to be, and it's a great overall workout program. As far as getting weights is concerned, you might first consider what your goal should be. If you're going for a combination of bulk and strength, you'll want to hit 8-10 reps, going for a burn on the last 2-3 reps. If your goal is primarily to slim down and tone up, go for 12-15 reps, again with a burn on the last 2-3 reps. So this will have some bearing on the amount of weight you choose for the exercises that use them.

Most of the exercises are bodyweight exercises...things like push ups, pull ups, chin ups, etc. You'll use the dumbbells for bicep and shoulder work, and to augment some of the other moves for core work.

So...to wrap this up, you could go to a local gym and see what weights would best suit your needs. Or go to a sporting goods store and put some of their weights to the test. The nice part about the quick change dumbbells is that they're pretty much self-contained so you don't have lots of weights laying around. The downside is that they can be pretty expensive...you can buy the individual dumbbells for a fraction of the cost and add to them as your needs grow.

Don't overlook the bands! There are some nice things you can do with the bands and they give a smoother workout for some of the exercises.

Thanks for making my size 14 feet look small!!

Hope this helps...

Kevin

Re:Just ordered the p90x today....got some questio

Posted by Les - 2008/08/24 08:50

the weight needed is very subjective as it depends on your capabilities and goals
you'll need weight for the back exercises, besides arms and shoulders and this is where the big weights come in play for me.

it sounds like your in shape in which case 50lbs dumbbells won't be out of the question for the back exercise

as Kevin pointed out the resistance band should not be overlooked.

I did a lot of research and when possible i would for these dumbbells

<http://www.ironmaster.com/store/Quick-Lock-Dumbbells-c-1.html>

Re:Just ordered the p90x today....got some questio

Posted by BigFoot - 2008/08/24 11:49

\$489,00!!!! ACK!!!!!!!!!!!!!!

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Re:Just ordered the p90x today....got some questio

Posted by johninjersey - 2008/08/24 17:51

Right now I am using resistance bands.

I ordered some ripcords last week. It was \$ 56 for 5 different weights. You can also adjust the band length for more tension (or less).

Having them...I have 8 different "weights" to use. They come in handy!!!

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Re:Just ordered the p90x today....got some questio

Posted by mrphil - 2008/08/24 19:02

Here is another option for you, I love these and they come with a nice door anchor.

http://www.amazon.com/Harbinger-Fitness-Resistance-Bands/dp/B000TIRAEW/ref=pd_lpo_k2_dp_k2a_1_txt/102-4942398-5776912?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=lpo-top-stripe-2&pf_rd_r=0A46F104FYVKBQJ5S2ZH&pf_rd_t=201&pf_rd_p=304485601&pf_rd_i=B0019CW7T0

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Re:Just ordered the p90x today....got some questio

Posted by BigFoot - 2008/08/24 20:25

thanks but i just went out today and bought some 20lb bands by GoFit (i dont know yet if that is too much weight or not enough), also bought some simple push up bars and a nazy chin up bar from everlast. Its the one that doesnt need to be screwed into the door jam. Its definetly holds my wieght. However, i noticed that the strip of sand paper on the wood backing started ripping the second i put my full wieght on it. Also, the foam handles arent wide enough from my hands. The grip spacing is also narrow for me. Maybe too narrow. I also went on to bodybiulder.com and bought some chromium picolinate and some MuscleTech Nitro-Tech Hardcore, 4 Lbs., Triple Chocoate Milkshake . I tell ya,the car guy, computer geek and horny dude in me loves a product with "nitro" "tech" and "hardcore" all in the main title.

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Re:Just ordered the p90x today....got some questio

Posted by Les - 2008/08/25 07:52

\$489 seems a lot but compare to the competition (bowflex et al)I'll go with the qldb for the simple fact that (as seen on the video you can drop it you can attach the weight to regulation barbell (2"))more importantly I don't have to treat it like a champagne flute.

as for the resistance band I think you'll need some 15 10 and possibly 5lbs also. P90x is structured like a superset workout whereby one jumps from one routine to another with minimal rest (hence the ability to easily burn 600 calories on resistance days)so you might want to start with smaller weight sometimes

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Re:Just ordered the p90x today....got some questions

Posted by BigFoot - 2008/08/30 19:51

Went over to the local "The Sports Authority" store today and bought some Bowflex adjustable dumbbells today. The are having a sale that ends today on them, \$50 bucks off. So i got mine for \$350. Pretty trick stuff.

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Re:Just ordered the p90x today....got some questions

Posted by BigFoot - 2008/09/01 19:24

here is a link to my day 0 and pre 116 lb weight loss pics. Cant wait to start my p90x program.
<http://forums.teambeachbody.com/groupee/forums/a/tpc/f/17410191/m/2191067831>

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Re:Just ordered the p90x today....got some questions

Posted by djsunyc - 2008/09/01 20:54

BigFoot wrote:

here is a link to my day 0 and pre 116 lb weight loss pics. Cant wait to start my p90x program.
<http://forums.teambeachbody.com/groupee/forums/a/tpc/f/17410191/m/2191067831>

you lost 116 lbs? WOW. good for you man.

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Re:Just ordered the p90x today....got some questions

Posted by BigFoot - 2008/09/13 11:15

:woohoo: Hot Damn! After about 9 days. I started with a BF% of 11.8%. This morning im at 10.8% to 11.1% and ive gained about 2 lbs and ive got two upper ads peeking through!,.....its workin!!!!:woohoo:

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Re:Just ordered the p90x today....got some questions

Posted by tlettling - 2008/09/13 12:20

I have been thinking of ordering the program and I am pretty sure that I will do that today. Does anyone suggest getting anything else besides what comes with the program. I already have 3 resistance bands. Not a clue what strength they are. I purchased them with various other programs. I have a set of free weights. I could get up to 70 pound dumbbells out of it. I would think that is enough. Not sure. I have a stepper. Not a very good one. I also have a treadmill and weight bench. I have almost lost half of me. I was a bit up there several years ago and then lost some weight, put some on, and now 2 pounds away from losing half of me. So I have skin hanging all over the place. I want to try to tighten up as much as I can. I know I will not be able to tighten up much but want to see how much I can do without surgery. I am open for any and all suggestions everyone may have. Thanks Terri

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Re:Just ordered the p90x today....got some questions

Posted by BigFoot - 2008/09/13 12:42

sounds like you have all of the tools. All I can suggest is that you get a nice thick yoga mat and buy their pull up bar. You will definetly need that pull up bar. Whats nice about it is that it dont need to have any hardware installed into the door jam. Its completely removable. Ive been on p90x for about 9 days. I lost about 117 lbs by myself. But with this program and nutrition plan I seem to be losing fat again while packing on some muscle,.....best of both worlds!

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Re:Just ordered the p90x today....got some questions

Posted by Les - 2008/09/13 14:33

BigFoot wrote:

:woohoo: Hot Damn! After about 9 days. I started with a BF% of 11.8%. This morning im at 10.8% to 11.1% and ive gained about 2 lbs and ive got two upper ads peeking through!,.....its workin!!!!:woohoo:
what's your method of measurement?

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Re:Just ordered the p90x today....got some questions

Posted by BigFoot - 2008/09/13 16:26

http://ecx.images-amazon.com/images/I/41RX4YGERTL._SL500_AA280_.jpg <http://www.amazon.com/Omron-HBF-306C-Fat-Loss-Monitor/dp/B000FYZMYK>

I use that monitor. All BF% methods are estimates at best. But, what you have to do is choose one method and stick with it. I take a measurement 5 times in a row and take the average. I also take the readings first thing in the morning at the same time to get a statistically correct (or as correct as possible)reading.

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Re:Just ordered the p90x today....got some questions

Posted by tlettling - 2008/09/13 17:35

I have all my workout stuff in the basement and I am trying to figure out how I am going to be able to put up a pull up bar. I dont have a doorway. Well I do but it is at the top of the stairs. Not a good place to put it. I am taking a look around to see what I can find. Ideas?

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Re:Just ordered the p90x today....got some questions

Posted by BigFoot - 2008/09/13 19:36

buy a cheap power tower off of ebay?

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