
Let the games begin..

Posted by tizom - 2008/05/20 13:35

Day 1:

Three of my friends and I all live on the same street and range in age from 18-20. We are all starting p90x together! Two of us are doing the doubles and the other two doing the classic.

Two main problems or issues came up when we were talking...

1.) Nutrition: It seems very very hard to follow and be 100% accurate... Any advice from people who have already graduated from p90x on how to stay within the guidelines of the nutrition plan?

2.) Supplements: Advice on which supplements worked for you and why? What was your body type and what were your looking for in p90x and why you chose the supplements you did.

- I know these are pretty broad questions, but any help is appreciated!

Cheers,

tom

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