
New Guy from KY

Posted by catsfan00 - 2008/07/02 16:23

Hello everyone,

I have been checking out this site for about a week. I have been interested / skeptical of P90X. Once I found this place and seen the results of ordinary people I am more interested/hopeful. The biggest thing I can say is for those of you who have been brave enough to post your pictures, thank you! As they say a picture is worth a thousand words and seeing is believing.

I have a couple of questions.

1.) I have read a lot of good reviews here and elsewhere online about P90X. The system works. The only complaint I have seen is that the customer service is horrible they say. Orders are wrong and/or they are over charged, or they receive supplements they didn't order, and get reoccurring bills. How has every ones experience been with beachbody.com? Or did you purchase the program elsewhere?

2.) I have been doing treadmill work for close to the last 3 months. I have lost almost 25 lbs. Been getting ready for the Bluegrass 10k. I also have been watching what I eat. I am happy with that. I currently weigh 227 lbs. I am wanting to try the P90X but I want to include my wife. Since I haven't done a push up/setup in years I think maybe starting with the Power 90 maybe the best bet. What is your take on this?

Lastly, for all of you who aim to become Spartans you are truly and inspiration. Thank you!

Kelly

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Re:New Guy from KY

Posted by he4dhuntr - 2008/07/02 16:45

Hey,
Welcome to the forums!

To answer your questions:

1) I believe most of the complaints come from ordering over the phone. Order online or buy it on ebay would be my advice.

2) There is a P90X "test" or so to speak that will show you whether or not you are ready for the program. It involves pushups, pullups, cardio, etc. I'm sure someone has covered it in more detail in this forum or you could probably find it online somewhere with a bit of searching. I don't have it in front of me right now, so I can't help you out more on that subject. If you however can't manage a single push up or think that you're not physically fit enough for the program, then Power 90 is apparently a very good place to start. P90X isn't for just anyone, but with the right mindset and a somewhat adequate physical shape, you can do it. The program is both for men and women of all ages and sizes. You can browse through these forums and see how diverse the people are.

Hope this helped. Cheers and hope to see you on the way to achieving your weight and fitness goals soon!

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Re:New Guy from KY

Posted by Kevin - 2008/07/02 21:09

Welcome aboard!! I agree that P90X isn't for everyone. I'd try the fit test first and see how you do. I think you can get the pdf file from Beachbody for free, so there's no cash outlay up front. If you find that the test is too trying, doing P90 would be a good place to start. I think there are several folks in the forum who have also used Slim in 6 (my wife is using it now) or Yoga Booty Ballet. The Beachbody folks are trying to reach out to as many of us as possible with workouts that take us where we are and lift us to where we want to be.

You can always start with one of the other programs, then move up to P90X later. I first got a look at P90X in a Taekwondo class. Our instructor had just purchased the program and decided to pop Kenpo X into the DVD player. WOW!!! Tony had a bunch of black belts huffing and puffing after about 20 minutes, and we were familiar with many of

the moves used in the video. P90X has really helped me in class and I'm seeing ongoing improvements in all aspects of my martial arts training.

With your weight loss and workout program, it sounds like you're already on a roll...congratulations on your weight loss and your dedication to taking better care of yourself!

Hope this helps...

Kevin

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Re:New Guy from KY

Posted by catsfan00 - 2008/07/02 22:17

Thank you both for your replies. I will be trying the fit test. I think I will be able to pass it. The reason I am considering starting with the power 90 is because I am trying to get my wife interested. I think the pull ups will intimidate her. So I was thinking starting out slower would be better. Maybe we both can do the fit test though. I will let you guys know. Again thank you.

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Re:New Guy from KY

Posted by he4dhuntr - 2008/07/03 10:33

The pullups are really not a requirement for the P90X. Don't get me wrong, you do a hell of a lot of them, but you can use a chair for support or get a set of resistance bands to substitute the pullups. It makes it much easier for someone that can't do pullups at all. In the workouts, Tony shows you how to do all the variations (Straight pullups, pullups with chair, band substitution). I wouldn't worry too much about the pullups as much as I would for the cardio or fitness part. Weight training can always be tailored to your level of fitness by just using the right weight or resistance or by modifying the moves. If you're both in relatively okay fitness, I think P90X would be fine for you (if you're in the right mindset!). Mind over matter, but don't take my word for it and then get injured or push too hard. The fit test is a good place to start. Cheers!