
New to P90X

Posted by ksm2002 - 2008/07/15 12:51

OK, my wife and I have been slacking in the fitness department in the past 2 yrs since she got pregnant and had our son...This has been a bad thing especially for myself, I'm in the Navy and could lose my job if I fail 2 more bi-annual fitness tests...I've been doing the group PT runs at work but it doesnt seem to get me going as I lose the ambition to go most days. We just ordered P90X and are waiting for it to come in the mail, and I must say I am excited to work out for the first time in quite a while...I'll get some pre-day 1 photos up soon. Currently however I weight in at 217 lbs, and am 5-11....i can't wait to see some results.

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Re:New to P90X

Posted by isis151miu - 2008/07/15 13:16

Well, I am on day 2. My back is hurting from the chest/back workout yesterday. All we did were pushups and pullups. The decline pushups were wicked.

I've tried a couple of the recipes, and they aren't bad. It's just hard to cut out the sugar and caffiene!

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Re:New to P90X

Posted by he4dhuntr - 2008/07/15 13:32

Good luck and keep up the great work! Make sure to stay motivated and keep pressing play! You'll get where you want to be and more!

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Re:New to P90X

Posted by Krantze_ - 2008/07/15 13:43

There couldn't be a better workout to pass a military fit test. You'll raise your reps in push ups, pull ups, sit ups, and you'll lose some weights which will make running easier. Good luck, if you work hard you'll get the results.

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Re:New to P90X

Posted by Val - 2008/07/15 13:58

Welcome welcome! P90X is a great routine, but it is definitely a lot of work! Well worth it though!

Little bit of advice--try a few of the routines before you actually start with Day 1. Don't go all out on your pre-day 1 workouts, just do enough to get the muscles used to the movements and to get a little bit of soreness, that way when you actually start on day 1 and really hit it hard, you won't be killed by the aftershock :P

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Re:New to P90X

Posted by dhies - 2008/07/17 20:00

Val wrote:

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That's the fun of it though!

I love feeling sore! Makes me feel alive!

Then again, maybe I have a pain fetish.....P

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