
Personal Training vs P90x

Posted by chriss - 2008/05/15 15:50

Hello All,

My wife and I are in our mid 30's and recently joined NYSC; we've both started working out with trainers 1-2 times weekly, mostly cardio and some strenght. We also just ran our first 10k and feel very happy reengaging in an active lifestyle. Her friends have turned her onto P90x, and reading all the informative posts have certainly encouraged me to place an order. My only concern at this time whether we can mix the two. I see threads indicating that running on the side might be acceptable, but incorporating any other workout would probably take too much toll on our bodies...true? Is there any exercise/workout that we can or should run concurrent with this?

Thanks in advance - Chris

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Re:Personal Training vs P90x

Posted by Iskarp - 2008/05/15 16:38

There is no rule that would prevent you from doing both. You may find it difficult, and ,tiring thus causing you to burn out. The P90X program is pretty intense with workouts in the classic track generally 1 hour 15 mins per day / 6 days per week. During the workouts, you are pretty much moving the entire time. There are no real rest breaks, generally even when they say you are on break, you are running in place or ballistic stretching.

I supplement sometimes with a run or I double up workouts with the CardioX DVD. But I find that if I do too much, I have a tendency to burn out a bit.

I say if you have gas in the tank, drive the car. If it becomes too much, scale back the PT.

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Re:Personal Training vs P90x

Posted by chub*rock - 2008/05/15 20:48

I use to be a personal trainer and now I do physical therapy. I say pick one or the other. The prg gives you an entire 90 days of work outs, so if you want to add cardio I say go for it (the double version). But I would not adding any other strength training. For me...I wouldn't want to pay a trainer to watch me do cardio when you can do that for free. But do what works for you. Best of luck!!!!!!

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Re:Personal Training vs P90x

Posted by Les - 2008/05/15 21:30

chriss wrote:

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whether or not you can mix p90x and another workout routines is very subjective, as Iskarp pointed out p90x is a very demanding program. and it superset i.e. not true rest, of course you're encouraged to pause the dvd for a longer break but ego prevail so i get my ass kicked.

if all you want to do for extra is cardio we will all say go for it without thinking twice because the double program involves doing more cardio on top of your resistance training of the day (you'll see it in your literature)

maybe you ought to try doing both p90x and your other workout and see if you can hang in which case we will just call you Addict II for you sir are a maniac.

wait for your P90x give it your all for a month and you will find that you have a new personal trainer in Tony Horton. this training session might be expensive up front but it's yours to keep.

Re:Personal Training vs P90x

Posted by chriss - 2008/05/16 12:43

Gents - Thanks for the replies. All are valid suggestions and very insightful. Will discuss with the other half to get her buy-in before making any purchases.

If we do decide to follow thru, any last thoughts on where might be the cheapest without sacrificing quality (i.e. I don't know if all retailers/resalers sell the identical product).

tx again
Chris

Re:Personal Training vs P90x

Posted by chub*rock - 2008/05/16 12:47

What up Chris!

I posted this in someone else's thread too...might help...might not...:laugh:

I'm not sure how much P90X goes for on their site, but I got mine from QVC for \$129. I tried to get one from ebay, but always seemed to get outbid. <http://www.qvc.com/qsearch/search.aspx>

you should also get a chin up bar...that is key. If you don't want to drill holes in your house...I got the door gym...it's awesome...no drilling and I found it the cheapest for \$39.95 with \$3.00 shipping here. It works great..

<http://www.karatedepot.com/tr-ex-25.html>

I just bought some dumbbells at Kmart and they had pretty good prices, but they only sell up to 25lbs (which works for me since I'm a chick).

Re:Personal Training vs P90x

Posted by chriss - 2008/05/16 12:59

Thanks Chub*

I Hit up the links you provided and prices are still the same, so appears I have all I need except the buy-in from my wife. FYI, I was reading the posts and see that you started a log. I tip my hat to your dedication and wish you lots 'o luck.