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## Advice before i start please

Posted by paulo23 - 2008/04/17 17:29

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Hey, i've been reading these boards for a few weeks now and thought i'd sign up before i start p90x. I'm really excited, i was in america on holiday and saw the advert on tv and instantly wanted to start doing it there and then.

My question is about nutrition, the thing is i'm 6 foot 4 and weigh about 185 pounds so obviously being overweight is not an issue for me (although i am getting a slight gut thanks to beer and fast food) i want to do p90x to get in really good shape and bulk up a little. Should i follow the nutrition guide or is that mainly aimed at people who want to lose weight? I'm a complete novice when it comes to eating the right things because up until recently i've never really had to worry about what i eat.

Any advice about the nutrition would be fantastic thanks.

Oh and this board is certainly going to provide inspiration for me once i begin this thing.

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## Re:Advice before i start please

Posted by TiamatFix - 2008/04/17 17:50

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Well there are 3 stages to the nutrition plan.

Fat Shredder(20% carbs, 20% fats, 60% protein)  
Energy Booster(40% carbs, 20% fats, 40% protein)  
Endurance Maximizer(60% carbs, 20% fats, 20% protein)

Most of us started with the fat shredder... due to us being kinda fat :P But for you thin types you can go ahead and start with the 2nd or 3rd phase nutrition plans but you really do get plenty of food either way, you just really get to clean up the way you are eating and you might be able to shave off that little belly of your in the first phase and put us all to shame real quick in the first 30 days. It is all in the nutrition guide that come with the dvd set, it doesn't really leave too many questions to be asked :p

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## Re:Advice before i start please

Posted by mbein - 2008/04/17 21:57

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Paulo,

I am a Beachbody coach and have done P90, P90 Master series and am in my 5th week of the X. If you can discipline yourself to stick to the nutrition guide, great. If not, read some of the suggested foods to eat and try and tweak it to your liking. It's important to get the right combination of protein, good carbs, and healthy fats into your diet. The P90X recovery drink is excellent for a quick workout recovery. The best thing to do is log your workouts on to WOWY which is BeachBody's online support community. Beachbody gives away prizes and money each day for working out. Check out my websit at [www.awesometobefit.com](http://www.awesometobefit.com).

You can do this!!

Mike

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## Re:Advice before i start please

Posted by P90X ADDICT - 2008/04/18 00:32

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mbein wrote:

The P90X recovery drink is excellent for a quick workout recovery. The best thing to do is log your workouts on to WOWY which is BeachBody's online support community. Beachbody gives away prizes and money each day for working out.

Mike,

You forgot to tell him how much the recovery drink costs, and not to mention the \$100.00+ membership fee for WOWY

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per year. I think that is why most of us are here, is because the machine has taken over Beachbody, and I think the best thing to do is to allow people HERE the opportunity to learn from others HERE for free.

Paulo,

We welcome you here, and there is no charge, we are not experts but we are figuring this stuff out together.

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## Re:Advice before i start please

Posted by paulo23 - 2008/04/18 06:46

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Cheers

I appreciate the advice.

I'm going to try and stick to the nutrition guide as much as possible. Planning to start on monday, i'm really looking forward to it.

I appreciate the tip about the recovery drinks but that's probably a bit out of my budget at the moment.

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## Re:Advice before i start please

Posted by Iskarp - 2008/04/18 07:09

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So are we cool with 'coaches' promoting their personal selling sites in the forum?

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## Re:Advice before i start please

Posted by mbein - 2008/04/18 07:57

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First of all, I am not trying to promote anything other than good health and think it is great that all of you are helping to support each other, however it sounds like some of you like the product but do not care for the company that is providing it! Why?

Secondly, P90X addict needs to do some more research before passing judgement. WOWY does not cost a PENNY! It is free for whoever wants to get on. As far as the recovery drink, I spent time at GNC and they only had one product they could offer for a lot more money than this product.

Lastly, to the person who said "Are we going to stand for coaches coming in here", God forbid that I offer some advice to help someone out. Sounds like there are some egotistical people in here who think they've seen it all.

Have a blessed day!

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## Re:Advice before i start please

Posted by Les - 2008/04/18 09:07

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mike easy with the punches.

you are hijacking this thread

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## Re:Advice before i start please

Posted by Les - 2008/04/18 09:14

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paulo23 wrote:

Hey, i've been reading these boards for a few weeks now and thought i'd sign up before i start p90x. I'm really excited, i was in america on holiday and saw the advert on tv and instantly wanted to start doing it there and then.

My question is about nutrition, the thing is i'm 6 foot 4 and weigh about 185 pounds so obviously being overweight is not an issue for me (although i am getting a slight gut thanks to beer and fast food) i want to do p90x to get in really good shape and bulk up a little. Should i follow the nutrition guide or is that mainly aimed at people who want to lose weight? I'm a complete novice when it comes to eating the right things because up until recently i've never really had to worry about what i eat.

Any advice about the nutrition would be fantastic thanks.

Oh and this board is certainly going to provide inspiration for me once i begin this thing.

in regard to your nutrition plan as mbein suggested if you have the discipline and are able to you follow it. unlike others, i think you should follow the nutrition plan as prescribed as it goes with your workout and you will see better results.

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## Re:Advice before i start please

Posted by kenny - 2008/04/18 09:44

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I spoke with the other Admin and we both agree that BeachBody Coaches cannot promote their site. This is a free forum for P90X users who want information from other members. Coaches can discuss some of their experiences with the program and advice other members without promoting their site. Thanks

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## Re:Advice before i start please

Posted by P90X ADDICT - 2008/04/18 11:25

mbein wrote:

First of all, I am not trying to promote anything other than good health...

However it sounds like some of you like the product but do not care for the company that is providing it! Why?

Secondly, P90X addict needs to do some more research before passing judgement. WOWY does not cost a PENNY! It is free for whoever wants to get on. As far as the recovery drink, I spent time at GNC and they only had one product they could offer for a lot more money than this product.

Lastly, to the person who said "Are we going to stand for coaches coming in here", God forbid that I offer some advice to help someone out. Sounds like there are some egotistical people in here who think they've seen it all. Have a blessed day!

Mike, in response to your issues with the people here,

When you said "I am not trying to promote anything other than good health" why then did you promote YOUR web site.

When you said WOWY does not cost a PENNY, why did you offer Paulo the opportunity to win prizes and cash when the web site itself shows:

"Enjoy all these benefits RISK FREE for 30 days for only \$2.99 a week, billed \$38.87 quarterly in advance to the credit card you provide. You can cancel anytime during your first 30 days and receive a FULL refund, or you can cancel anytime thereafter to avoid future charges but keep your surprise gift valued at \$20.00 just for trying.

As far as the recovery drink, can you get these results without using one? Check out some of the photos of these folks and you will see..most of us don't use one at all.

Mike, it is not ego's you are dealing with. We have been with this site for a while and have dealt with people promoting their own sites. If you are truly dedicated to helping people and promoting health, why not provide your insight here without promoting anything else. You are welcome to post information, but we dont want to deal with the advertisement factors. You sound like you have been through alot of programs with Beachbody and probably have alot of good advice that members here can benefit from.

As far as the Beachbody question. We love P90X and the standards it has set. I have done my research and was a Beachbody member to start with. I had a flaky coach who didnt seem to have a grasp on anything else other than selling me more stuff. So forgive me if I came off strong, but I do feel that people here should be able to get information without

having to deal with the sales pitch.

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## Re:Advice before i start please

Posted by Iskarp - 2008/04/18 12:56

Iskarp wrote:

So are we cool with 'coaches' promoting their personal selling sites in the forum?

Mike, I did not say "Are we going to stand for coaches coming in here." I was asking the group as one of the moderators if we wanted to go in the direction of having coaches promoting their web sites.

I feel all are welcome to ask questions, and give advice when they feel that they have something to offer. But as being a contributing member of this site for close to 2 months, I would prefer that the advice we give and get not be 'clouded' by a profit motive, thus the question I posed to the group.

I truly feel that we have an awesome 'family' here that is growing on a daily basis. Many of us feel like we know each other and you will see that in the friendly banter going back and forth constantly.

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## Re:Advice before i start please

Posted by mbein - 2008/04/18 13:12

Hello all,

I want to first apologize for anything that was said and if it implied a business pitch. It was truly not my intent. I wanted to let people know that there truly is a place that is "Free" to log in your workouts if you wanted to. I think some are confusing the online gym for the "Club membership". Yes, the membership is \$39.95 quarterly, but without pitching it, it is quite a bit more than message boards, but is not for everyone I understand. The online gym (WOWY)honestly does not cost anything.

I am sorry for listing my site. I am sorry if it offended it anyone. I applaud everyone on this forum for committing to their health and taking time out of their busy lives to come here and provide support for everyone using these programs.

In This Together,  
Mike

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## Re:Advice before i start please

Posted by Charles - 2008/04/18 13:27

Thanks for that. I hope you will visit here and offer your insite to all of us going though this program. I am sure you will be a valueable asset to us all with your knowledge just as everyone here is. Even the person that is just thinking about starting has help us with thier question because it might be something we have all thought about also. Thanks again and I welcome you inputs.

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## Re:Advice before i start please

Posted by Les - 2008/04/18 13:55

I'm glad to see this hasn't escalated to the point where the admins purge this thread.

My apologies to Paulo23.

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## Re:Advice before i start please

Posted by paulo23 - 2008/04/18 14:27

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no problem

I was worried no one would reply but i got some good advice and a bit of entertainment :)

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## Re:Advice before i start please

Posted by TiamatFix - 2008/04/18 18:09

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Wow.. that was intense.. but I saw it coming ha ha. I was about to say some thing along the line of "Is he trying to steal a new comer?" Out of humor but I figured it would just make trouble :p Welcome to you too Mike, maybe you would like to post on dual forums? Here and WOWY? Your more than welcome to join us, its nice to have a few P90X vets in the house, new and old.

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## Re:Advice before i start please

Posted by kenny - 2008/04/18 22:52

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Okay, I was expecting this sooner or later but I do want to make a final statement on this matter. Mike, I know you had good intentions and trying to make some income with this program. If you weren't pationate with the P90X program, you wouldn't become a "Coach". I don't blame you on what you are trying to do.

Glenn and I was contemplating on becoming a "Coach" for Beachbody and having other members here underneath us as "Coaches" as well. However, paying a mandatory of X amount of dollars every month plus X amount for starting a web site was ridiculous. I believe BeachBody is going a little overboard with this. They are making a killing with this program for good reason, it works.

Beachbody and Tony H. made a butt kicking product. I can say this is one of the best workout program that I came across in a long, long time. However, I really think they got a little greedy with this "Coaching" business.

Why would you want to sign up for a "Coach" and have to pay X amount of dollars every month? Here on this forum you don't have a single "Coach" but many coaches willing and edger to help. That is why I believe having a "Coach" is a waste of time.

I am very proud of this forum and I'm very proud of the user base here. I can honestly say if it wasn't for some of the users here on this forum, I would not be where I am today. I would have never thought about continuing with this program for another 90 days.

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