
Another Newbie

Posted by Medikman - 2008/05/11 01:25

Hey all my name is Mason and I ordered P90X a few days ago, I am hoping to get it so I can start on the 19th. I have borrowed the Yoga X video, and have been using it for about a week, from one of my employees who is of the opinion that Yoga is for sissies(regardless what I tell him). I want to at least be in the exercising mode before I jump right into it.

Anyway I was very glad to find this forum, everywhere else I looked had nothing but negative comments.

So I guess I will introduce myself and then ask a question. I am 31, I'm a Paramedic and have been in EMS for 10 years, up until 2 years ago I was in the field but have recently taken over as the Director so now I sit behind a desk and have gained 20 lbs since. I have put in for a new job with the FBI and will have to meet certain criteria, one of which is a HazMat physical where I have to pass wearing an SCBA. Needless to say right now I will suck a tank dry in about 5 minutes and that's not good. Anyway here is my question. I really want to work on my cardiovascular and respiratory systems, should I start with the lean program or do the classic?

I look forward to getting to know you all

Mason

Re:Another Newbie

Posted by Les - 2008/05/11 11:11

the classic program is very demanding, which of course makes it more beneficial, so if you're happy with your results from the fit test you should go for the classic, the cardio workout (2) are intense enough I think for you to get your endurance up.

if you have the time you have the option of doing the double program i.e. cardio in the morning and resistance at night.

Re:Another Newbie

Posted by chub*rock - 2008/05/11 19:50

I'm another newbie too! I am going to start tomorrow...did Kempo and chest/back just to check it out over the weekend. I'm really excited. I have been a trainer for years and now I am a physical therapist. Best of luck to us all!

Re:Another Newbie

Posted by Medikman - 2008/05/11 20:38

I am glad there is someone else that will be starting around the same time as me. I just hope that it comes when they said it will. I actually used to study American Kenpo, which is one of the reasons I wanted to check it out. I was curious to see how close he gets to the real moves. I have only seen a few minutes of the Kenpo video and he was starting to use some of the basic stances and simplified moves, so I was impressed.

Re:Another Newbie

Posted by chub*rock - 2008/05/11 20:59

I think if we stick to the plan and eat clean we will see results for sure! I realize that I will not look like the girl in the dvd after 90 days, but I will look better than I do now:cheer:

Best of luck to us!!!!

Re:Another Newbie

Posted by Medikman - 2008/05/11 21:08

Yeah I have no delusions that I will look like the people from the video after 90 days either, but I know there will be improvement and that is enough motivation right now. I think the eating is going to be the hard part, I have however started eating breakfast this week. I used to never eat breakfast, and generally only eat once per day but have read how bad that is for you. Old habits die hard though.

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Re:Another Newbie

Posted by chub*rock - 2008/05/11 21:37

Yes breakfast is important and it's good that you are at least trying. That's all you can do! I LOVE food and enjoying some cocktails with friends. That will be the hardest for me!

I found this excel sheet for the P90X classic version that you might find helpful...I plan on using it...

<http://www.weightloss-hq.biz/weight-loss-forum/p90x-forum/p90x-classic-routine-excel-spread-sheet.html>

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Re:Another Newbie

Posted by Medikman - 2008/05/11 21:44

lol I already downloaded it, gotta give serious credit to who built it. I hate building excel spreadsheets.

My biggest vise is soda, I'm gonna have a hard time cutting that back. I have however not had an "energy soda" in two weeks. I think my wife is skeptical about me doing this but if I can start when I plan on it my 90 days will be up just before my 10th anniversary and would love to be closer to the shape I was in then.

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Re:Another Newbie

Posted by Iskarp - 2008/05/12 10:11

All I can say is take a look at the real like pics in the before and after section. All of us are for real here. I am about 75 days in, some guys are in their second go at it. If you especially look at the progress in the 0-30 and 0-60 day photos, you will be totally motivated.

You may not look like Dreya or Tony after 90 days, but you will not look like or feel like your former self after 30/60/and 90 days.

When I was 30 days in, I was thinking that I was in the shape of my adult life. Then I got to 60 days.. My 30 days was nothing!! Now, I am streaking towards 90 days with a vengeance!! I am already planning on the next 90 days.

You will change in magical ways if you just put in the hour a day of butt kicking work. Eat right. Keep pressing play!! Keep coming here for your motivation and to help the next class.

Peace!!

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Re:Another Newbie

Posted by kenny - 2008/05/12 10:53

One more note guys... If you are just starting the program, find another person on the board who is starting as well. It helps having a online workout buddy to motivate each other.

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Re:Another Newbie

Posted by Steph B - 2008/05/12 13:11

Medikman wrote:

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Mason

Nice to meet you I am Steph B from TN, 32. I have gained weight on the job too. I was a corporal at Williamson county Sheriffs dept in Franklin, TN for 6 years and did nothing that remotely came close to exercising. I ate fast food and drank 6 mellow yellows a day, hence the reason for my belly fat!! Good luck with the FBI, that was once a dream of mine!

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Re:Another Newbie

Posted by Steph B - 2008/05/12 13:14

chub*rock wrote:

I'm another newbie too! I am going to start tomorrow...did Kempo and chest/back just to check it out over the weekend. I'm really excited. I have been a trainer for years and now I am a physical therapist. Best of luck to us all!

Good luck and don't give up. We gotcha back over here!!

Stay motivated

Stay off the scales

Follow the meal plan as well as you can
and BRING IT.

Pain is fear leaving the body!!!!!!

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Re:Another Newbie

Posted by Medikman - 2008/05/12 23:58

Thanks for all the support already. I'm excited to get started

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Re:Another Newbie

Posted by Medikman - 2008/05/13 00:04

Steph B wrote:

Nice to meet you I am Steph B from TN, 32. I have gained weight on the job too. I was a corporal at Williamson county Sheriffs dept in Franklin, TN for 6 years and did nothing that remotely came close to exercising. I ate fast food and drank

6 mellow yellows a day, hence the reason for my belly fat!! Good luck with the FBI, that was once a dream of mine!

Thanks for the welcome Steph B. Yeah this job is a once in a lifetime chance, and I don't want to miss out only because I'm not in good enough shape.

Re:Another Newbie

Posted by Xaverian - 2008/05/13 02:06

brand new here, stumbled upon this refreshingly thriving board. though id chime in. i too am beginning p90x in the next week. id ideally like to start it on the 14th, but i am going home for my birthday and may find some difficulty in that. regardless i am committed and my warm up routines are helping me get psyched up. a little back story- im 20, 21 in a week and have fallen out of shape since my freshman year i weigh about 185 pounds, and am dissatisfied with my current fitness level. no one i know would call me overweight, but as summer approaches some may feel so inclined to at least privately consider me so. i'm a senior at an undergraduate university in antigonish nova scotia. after a fairly drawn out, yet amicable break up after 1 1/2 years i found myself a tad depressed, longing even, and i've found motivation that i've never had before. my typical disposition towards fitness is agnostic at best, and my meals consist primarily of freezer-fodder. ive made a 180 in the past week and have committed myself to doing this, despite the fact i ahve not really experienced anything like it. im very glad that there are other newbies like me on here, and i look forward to finding some support here.
peace.

Re:Another Newbie

Posted by chub*rock - 2008/05/13 03:29

Steph B wrote:

chub*rock wrote:

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Thanks Steph B! I appreciate the love! Hope things are going well Medikman!
