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## Beginning Info

Posted by jon b - 2008/05/12 13:14

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Hello all -

I've been doing some research and looking online at the P90X and also reading a lot of the posts on this forum...I'm very much interested in starting this up. I'm ordering the program, but also wanted to get all the right equipment.

Are dumbbells better than the power bands? I'm used to lifting with dumbbells at the gym, etc, but don't have them at home. I am considering the adjustable dumbbells thinking they'll be best as I progress through the program. Could you list all the equipment that is needed? Just tv/dvd, dumbbells, and pullup bar?

My other concern is the nutrition program...could any provide just some general info on that? A little more specific that phase 1 being fat burning etc - kind of get into a one-day plan or something? I'd just like to have an idea.

Thank you all for your help...I hope to soon be announcing my start date!

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## Re:Beginning Info

Posted by Tater - 2008/05/12 16:07

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I like the dumbbells better than the bands. I'm kinda of hairy and the bands scrape along your arms alot.:woohoo:

As for buying the dumbbells, we have Play it again Sports stores in NC and I bought 2 20lbs for \$25.00. By far the best price I found locally or online.

Thanks  
Tater

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## Re:Beginning Info

Posted by Les - 2008/05/12 18:44

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I follow the program at my gym, so I'm an advocate of the dumbbells I do have some bands which do scratch the heck out of my arms mainly for travels.

for adjustable dumbbells consider ironmaster's QLDB when checking out your bowfex. I don't have them but as soon as i'm able to I'm getting the whole gym.

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## Re:Beginning Info

Posted by chub\*rock - 2008/05/12 21:50

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What's up!

I just started P90X and I like the dumbbells better...it's always good to switch it up...but I feel more of a burn with DB...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).

The food...someone did a review on here...which should give you some more info, but if you have any more questions

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just ask and I will do my best to get back to you.

<http://www.weightloss-hq.biz/exercise-reviews/p90x-nutrition-plan.html>

Okay I think I took up enough space in your thread for now:P  
Best of luck...peace...

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## Re:Beginning Info

Posted by angelius - 2008/05/14 01:26

I just got my program on Fri. Still waiting for my pull up bar. The meal program is the greatest I have seen so far. You have a couple of ways of going but all of the food is REAL FOOD! One suggestion that they have is like an a la carte. Once you figure out if you are level 1, 2, or 3, you are given a list of what you can have each day. ie, 7 fruits, 9 veg, 2, carbs, etc. Then there is a list of things in each category to choose from. For example, under fruit it will say 1 med apple, 1 cup apricots, 1 med banana, etc. is 1 serving.

The other way is one where you pick out the phase and level you are at and there are menus for each day. There are also some reci. for some of the suggestions.

I like this so far because I tried the 90 day makeover and it sucked. No sugar, no salt, etc. Problem is I followed and and lost nothing. Food was bland and I hated the constant measuring and weighing. This is much, better.

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## Re:Beginning Info

Posted by jon b - 2008/05/14 07:12

Thank you all for your help and information! Great stuff. I ordered my P90X yesterday and hope to have it next week. I think I'm going to warm up/practice the first week to get used to the videos, etc, then go all in beginning of June. Really excited to get going on this!

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## Re:Beginning Info

Posted by mw7060a - 2008/05/18 11:53

Greetings to one and all,

I am new to the forum. I am still in the research phase regarding P90x and still debating on whether to buy it, and was wondering what type of dumbbell weights a female should use when starting this program? I am in my late 30's and have good upper body strength having been a varsity javlin thrower in college. I lift weights 3-4x/week and run 4-7 miles on alternate days. I want to lose some weight and thinking about using the P90x, having plateaued and not getting the results I wanted by using other workouts. How light/heavy should the dumbbells be for using with the P90x program? Thanks.

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## Re:Beginning Info

Posted by Les - 2008/05/18 14:12

the same weights you use now for your weight training is all you need.

you might try the bands at first to assess the intricacies of the moves but ultimately there isn't much of change when it come to muscles isolation. so if you're going for lean body you use lighter weights and do a lot of reps (12-15)