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## Day 6 Today - 1 Question

Posted by DRP - 2008/05/09 11:58

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Hey everyone. Very excited about this website. I've just started P90X. I've always been very muscular naturally without working out but I've got a layer of fat on me. Not terrible but I've been wanting to drop weight and get toned. P90X seemed like the perfect plan.

I gain muscle very easily and have thus decided to do the lean program of P90X. I'm sure it's nothing but I am on day 6, already noticing a small but visible difference but I have also noticed I am up 3 or 4 pounds. I would have thought with the amount of calories I'm burning and the amount of sweat that pours out of me during the &\*^%%^%\$%#\$ intense workout (sometimes I'm not sure if I'm going to make it) that I would weigh the same or less. Has anyone else noticed this? I know I'm only in the first week and it's the long term effect I'm after but I'm just a little curious.

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## Re:Day 6 Today - 1 Question

Posted by Iskarp - 2008/05/09 12:42

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You are experiencing what I did as well. I am about 70 days into the program. I too am pretty muscular and worked out prior. I dropped about 10# in the first couple of weeks in classic (I am not on the diet plan, but am working within the calorie parameters, and am eating clean). After that, I have not dropped any more weight on the scale, but the pictures tell the real story. I am putting on muscle where I did not have it before!

I am sure that there are some that drop weight, but for us muscle guys, we are just converting fat to muscle. Not that I am complaining. but explain that to the life insurance underwriter.

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## Re:Day 6 Today - 1 Question

Posted by glenn - 2008/05/09 18:09

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I would recommend you do measurements and more ignore the weight. Measure arms, legs, chest, waist, thighs, calves and even your neck.

You may also want to invest in a body fat measuring device (none come to mind) and track that.

Muscle mass weighs more, but is more compact and burns more calories. 1 pound of muscle burns 10-20 calories and 1 pound of fat 2-3 calories.

You may know a lot of this already but muscle mass isn't something you should fear.

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## Re:Day 6 Today - 1 Question

Posted by DRP - 2008/05/09 21:04

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Thanks for the replies.

Yes - all true. I just don't want to bulk up too much. I'm concentrating on light weights and high reps and hope any added muscle mass will burn the fat. I'm very excited to be on the program.

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## Re:Day 6 Today - 1 Question

Posted by Iskarp - 2008/05/10 21:42

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You can get calipers at the local health food store for \$10 or so. I also have a Tanita scale from Target that measures body fat and it was like \$40.

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## Re:Day 6 Today - 1 Question

Posted by tmaj2004 - 2008/05/17 01:39

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DRP wrote:

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You're 'trading' from one to another.

Trading fat for muscle.

Muscle weighs more than fat.

I start my program Sunday =)

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## Re:Day 6 Today - 1 Question

Posted by Les - 2008/05/17 11:42

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get more than one source for your body fat measurer

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## Re:Day 6 Today - 1 Question

Posted by TheFig - 2008/05/18 00:23

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Weigh yourself once every 2 months. The scale is only important to those that starve themselves to lose weight and ignore exercise.

People who are very active and eat right will be on a roller coaster if they live by the scale. Depending on the day, your body will retain water and energy one day .... just to spend it the next.

Get excited about how you look, feel, and the fit of your clothes. That does it for me.

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