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## Do Ab Ripper X before your workout

Posted by Les - 2008/04/18 20:59

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of course this is not a mandate, but even for people who workout regularly, when starting P90X the amount and pace of exercises can be and is draining, hence by the time one gets to Ab Ripper one is too fatigued to do core/abs workout.

if someone thinks otherwise please advise.

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## Re:Do Ab Ripper X before your workout

Posted by Iskarp - 2008/04/20 15:50

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I like to do mine at night. I do a quick warm up and stretch on my own then rip it out (pun intended). I have done it a few times right after and it is tough. When I started with it, I found myself cramping a bit in the abs with some of the squat moves...

I guess we all get to do what works for us. Variety is the spice of life after all!

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## Re:Do Ab Ripper X before your workout

Posted by kenny - 2008/04/20 16:12

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Hey Les,

I do mine before the workout as well. I don't see anything wrong with doing that.

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## Re:Do Ab Ripper X before your workout

Posted by Les - 2008/04/20 16:18

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variety indeed

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## Re:Do Ab Ripper X before your workout

Posted by charles h. - 2008/04/28 14:32

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I've been wondering this as well. Gonna try it tonight. (Did chest and back this a.m) and was just too wrecked to get past the froggy crunches this morning.

I keep feeling i'm cheating my effort on the abs so I have to change something.:woohoo:

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## Re:Do Ab Ripper X before your workout

Posted by Les - 2008/04/28 15:29

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I take it back

I read in M&F magazine that one should do their abs workout after the resistance workout especially Legs and Back, to avoid injury. The kind of Abs workout will definitely weaken your mid section, which is needed to maintain good posture during resistance.

so my new and improved advise for just \$9.99 is to Ab ripper X. but wait there is more for FREE after your regular workout or as pointed above at a different time.

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