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## energy?

Posted by YoungBlood1419 - 2008/06/05 21:58

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Hello, i started the P90X program this past Monday and so far so good. One issue that i am having i finding the energy to start the workouts. I am currently working out in the afternoons as my work schedule is from 6am to 6pm and is very fast paced warehouse job. Needless to say by the time i am ready to work out i am drained! So i am looking for something to gear me up. What could i take to help me energize?

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## Re:energy?

Posted by Les - 2008/06/06 06:08

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i don't know what could get your energized, but make sure it's not heavy as in filling

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## Re:energy?

Posted by Cronos1247 - 2008/07/18 15:46

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If your in phase one, trying to having your serving of complex carbs about 60-90 minutes before your workout. Carbs are there to give you energy, I have a cup of oats for my carb of the day about an hour before working out. Pre-Workout for me is:

1 Cup Oats with the following in the oatmeal:

- 1 diced apple
- 1 tbsp flax
- 1 scoop whey
- 8oz soy milk

Great pre-workout energy, you could also look into taking a pre-workout supplement or something as easy as a caffeine pill.

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