
Extra workout?

Posted by ieat2much - 2008/06/18 11:52

Just curious if it's okay to do an extra workout with heavier weight on the muscle workout days? I'm just starting so I'm pacing myself with the weight I use to make it through the entire workout. On day 1 I did some extra benching, rows, machine crunches, and leg presses. I just did day 3 and plan on doing some more shoulder and arm sets too, as well as machine crunches and leg presses. I like pushing heavy weights and want to continue that during the P90X plan, and I'm doing the extra leg presses and machine crunches because I'm weak in those areas. Is this okay or is it detrimental to recovery? Should I just up the weight I use during the P90X routine?

This is only for the weight-training days too. The plyo kicked my butt (stupid jump training... :P) and I have a feeling Yoga and Kenpo will too, so I will not do any extra those days. Abs-ripper absolutely destroys me but I do that later in the day.

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Re:Extra workout?

Posted by he4dhuntr - 2008/06/18 12:08

If I were you I would just use a heavier weight during the P90X workouts if you're not working your muscles enough. I don't think you really need any extra weight training especially on the same days and for the same muscles that you're training. But if you're able to do it and don't have any problems with it, it's up to you. I find it weird that you can do those exercises with a heavy weight right after a full P90X workout though. Your chest should be pretty tired after the chest P90X workout, your arms and shoulders should be after their workouts as well.. Anyway, maybe you're just in really good shape or maybe you're not using the right weight or pushing yourself enough during the P90X workouts. Try whatever you want and see what works best for you I guess. Cheers!

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Re:Extra workout?

Posted by savtime - 2008/06/18 14:50

Yeah I agree - just push harder on p90 - do pushups till you are flat on your face, etc..

The only other thing I have thought was maybe if adding squats to the routine once per week would be ok. Thats the ultimate mass builder.

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Re:Extra workout?

Posted by Les - 2008/06/18 15:16

i agree with the others on focusing on P90x for at least a short while, however if you're not getting enough workout by all mean do some extra and please keep us posted. Just remember to workout the same muscles on the same days to give it proper rest.

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Re:Extra workout?

Posted by ieat2much - 2008/06/18 15:54

Sounds good, I'll up my weight and try to push myself during the P90 routine. I'm getting some extra dumbbells today so I'll have various sets ready to go.

Also he4huntr, I do theP90X at 5 AM and usually do the second workout around 11 or noon. I definitely couldn't do it right after the P90.

Now if I can just survive plyometrics and the other cardio workouts I'll be okay :lol:

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Re:Extra workout?

Posted by Krantze_ - 2008/06/18 17:50

I think a good time to do extra workouts is to do some bench press and butterfly's on yoga day or something since your chest is pretty much left alone after chest and back. Also, on phase two I'd use your rest day as a back day since you'll have 2 days to rest before back and biceps.

P90X should definitely tap your muscles to their max during your workout. Don't pace yourself, go all out. You'll get the results.

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