
First time this morning

Posted by kpmp64 - 2008/07/17 11:12

Well today is my 24th Birthday, and I bought this as a gift to myself along with supplements, bands, and the pull-up bar.

My first workout was this morning, and I am worn out, but feel great at the same time. I am sure you all know what I am talking about.

I must say, ab-x kicked my ever-loving butt, and I can tell I am going to need a ton of improvement in that department.

I look forward to getting to know you all in the coming months.

-K

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Re:First time this morning

Posted by savtime - 2008/07/17 11:32

It took me 15 interation of the ab ripper before I an finally so all the reps. I still pause once between the hip rock and raise and hells to the heaven otherwise I would not be able to do all 25 reps. However, keeping my leg straight on some of the eercises is still difficult - but I blame that more on flexibility then my abs. But seriously it took me 15 times on the ripper before I finally made big progress!

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Re:First time this morning

Posted by Krantze_ - 2008/07/17 11:59

Welcome to the forum. You think today was hard, wait till tomorrow!

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Re:First time this morning

Posted by Val - 2008/07/17 13:08

Yeah, ab ripper is a monster first starting out. I remember the first time I was able to keep up and do all of the Mason Twists though--was pretty stoked when that happened. Just be persistent in pushing play and eating right, and the progress will come!

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Re:First time this morning

Posted by Dave225 - 2008/07/19 09:25

Yep..Ab Ripper is a killer...what I did, on the ones that gave trouble, which, to this day is reverse bicycles, just start with 15 reps and work up.

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