
frustrated

Posted by ceemee - 2008/06/23 16:08

I have been working out with my husband using the P90x program however he doesn't seem as enthused as I am. Last night he decided to stay up all night now he's sleep. I decided to workout without him today. I never liked working out with other people because I dont like waiting for them or trying to keep them motivated. Not sure what I should do now other than continue on with the program. I will work out with or with out him at this point I prefer to workout with out him. :angry:

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Re:frustrated

Posted by he4dhuntr - 2008/06/23 16:15

Everyone has their own priorities and I don't really know your husband. All you can do is try and motivate one another, if that proves to truely be impossible then that's too bad. Regardless, don't let up on your workout because of that, find a way to motivate yourself if you need to. I work out alone and quite a few people on here do to. You have to want to do it for yourself. Keep working with the program if you like it. Do it for yourself and I'm sure you won't be disapointed with the results. And who knows, maybe once your husband sees in what shape you're in due to the routine, it might motivate him or inspire him to actually go through with it too. Keep it up. Working out is always for yourself. Feel better about how you look, how you feel, and who you are. Don't let it get to you. Cheers!

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Re:frustrated

Posted by Medikman - 2008/06/24 15:41

Do what you can to keep him motivated, but the final decision is his. If he isn't ready for this I doubt there is much you will be able to do to change his mind. I had tried other things before but I wasn't 100% committed to it and I failed. When this came around I was in the right frame of mind to give it everything I have.

When I started my wife wasn't into it, but after a week she started without telling me. She does her workout in the morning after I have left for work, and I do mine at night. It works for us, and now she is just as committed as I am.

I agree completely with everything he4dhuntr said, keep it up and hopefully he will come around.

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Re:frustrated

Posted by ceemee - 2008/06/24 18:05

Thanks, my husband isnt as committed as I am. He wants to improve his body but with little effort. He was eating at 3:00am this morning and then went to bed right afterwards. He did exercise with me this afternoon but complained about the kenpoX workout. Hopefully he will stop the whining and just do the workouts so he can get the results he desperately wants. :)

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Re:frustrated

Posted by Les - 2008/06/24 21:12

Did you buy the program together and he's now backing out of the deal, or was it your idea that turn into a "us" thing. Herein may be your answer.

it could just be that is not interested, or perhaps he's a classic workout type of guy who needs to hit the gym to pump some iron

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Re:frustrated

Posted by he4dhuntr - 2008/06/25 08:43

That's true. This workout isn't for everyone. Some people prefer hitting the gym and doing more "static" training like pumping weights at the gym. Both methods are good, you just have to find what works for you and what keeps you motivated. Personally I can do both. Hope your husband comes around. Keep up the good work!

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Re:frustrated

Posted by chub*rock - 2008/06/25 18:49

Hang in there and keep up the great work ceemee. It's great to motivate one and other, but you don't want it to take away from what you are trying to do for yourself. My husband refuses to do the work outs with me (he plays a lot of sports instead). So I do it for myself. And told him not to be mad when I look better than him:P

I prefer working out by myself as well, so I feel ya. At the end of the day all you can do is push yourself. Ya know? Hope it all works out!

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Re:frustrated

Posted by Kevin - 2008/06/25 21:50

Keep hoping, ceemee. I've exercised on a pretty regular basis for many years. My wife is using Slim in 6, and exercising for the first time in her life! I've been waiting 26 years!

She's beautiful, and will be fit as well for the first time.

Be patient. It may take some time (hopefully, not 26 years!) but I think he'll come around. Most of all, exercise is important to YOU, and it will become more important to him because of that!

Hope this helps...

Kevin

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Re:frustrated

Posted by Iskarp - 2008/06/30 11:35

My wife did not support my commitment and in fact, chastised me for it for weeks. Once she saw the results, she started to support me in MY efforts.

You have to do this for YOU. Kind of like quitting smoking or deciding to diet. If he does not want to commit, that is his issue. When he starts to see the results and your certificate of completion, he will know that he is 90 days behind the program!!!

Don't nag or pester him. Make it your thing.

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