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## Getting pumped

Posted by angelius - 2008/05/14 01:51

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I have to say that I have read through a lot of the posts and this site, more than the infomercials and all of the propaganda brought me to this point. THANK YOU! I got the system on Fri. but still need my pull up bar. Bands came today. I am very nervous and excited. Some say they feel like they are dying, some say they wish they did, others say it is easy.

Have to say that at least this site does not have a fee with it. I was going to do the Beachbody site but it costs to join. I guess you have to pay if you want moral support. My hubby says he is going to do this with me but most likely, he won't. That's ok. When I get to my goals, then he will want to and get on with it. Wish me luck. :woohoo:

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## Re:Getting pumped

Posted by tizom - 2008/05/14 09:00

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good luck!

i also recently ordered p90x and i am planning to start monday!

my friend and i have always ran/worked out with each other and this is our next challenge to keep each other motivated!

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## Re:Getting pumped

Posted by chub\*rock - 2008/05/14 17:36

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I just started the classic version a few days ago! You will do great. Best of luck!

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## Re:Getting pumped

Posted by Les - 2008/05/14 19:56

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Welcome to all.

P90x is not easy, the only requirement is to be in shape.  
but it's doable you just need a support team.

so be excited get yourself a running partner and if you don't have one, a partner will be provided free of charge on this site, I restarted last week and i think there are 5 people in my class. Graduation day 8/2/08

Good Luck to us all

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## Re:Getting pumped

Posted by Medikman - 2008/05/15 00:39

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I will be starting the classic version on Monday as well. So it looks like there will be a few of us.

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## Re:Getting pumped

Posted by angelius - 2008/05/15 01:06

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Thanks for all the support. I will shoot for Monday at the latest and hope that my pull up bar is here by then.

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## Re:Getting pumped

Posted by Coy G - 2008/05/15 18:56

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I was supposed to start today, but I haven't quite finished moving yet so Monday is my desired start date. It's going to conflict a little bit with my trip to Vegas, but I'll figure it out. Who's ready for hell week?!

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## Re:Getting pumped

Posted by TheFig - 2008/05/16 17:07

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What the hell I'll start on Monday too!

A little about me:

I'm 39, 5 foot 10 and was 190 lbs. Back in January I got a puppy and started walking the little guy 2 miles a day. I suddenly started losing some weight and decided to take advantage of it. I picked up a set of Bowflex Select Tech dumbbells and pull-up bar am now down to 175 lbs.

I'm not sure if I'm really fit enough yet to start the P90X program but have decided that I will and from previewing the DVD's, it looks like the pause button and alternate moves could be my friend if needed.

I look forward to hearing about everybodys progress.

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## Re:Getting pumped

Posted by Les - 2008/05/16 18:44

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TheFig wrote:

What the hell I'll start on Monday too!

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I'm 39, 5 foot 10 and was 190 lbs. Back in January I got a puppy and started walking the little guy 2 miles a day. I suddenly started losing some weight and decided to take advantage of it. I picked up a set of Bowflex Select Tech dumbbells and pull-up bar am now down to 175 lbs.

I'm not sure if I'm really fit enough yet to start the P90X program but have decided that I will and from previewing the DVD's, it looks like the pause button and alternate moves could be my friend if needed.

I look forward to hearing about everybodys progress.

Alright you guys have a big class way to go.

the pause button is good to locate and do memorize the coordinate because sudden need to pause is a frequent reoccurrence.

but don't worry that will go away in about 84 days

Good Luck  
Sparta Bound!

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## Re:Getting pumped

Posted by TheFig - 2008/05/19 19:43

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It's Monday! I'll be starting tonight as soon as work is over. How was the first day?

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## Re:Getting pumped

Posted by angelius - 2008/05/19 22:04

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Well my pull up bar still is not here. :angry: I had emailed the company I ordered it from today and I am hoping that they get their act together. I wanted to start with all of you. Got the recovery formula that I ordered. I am hoping that I can find something comparable at GNC. I looked and even tried a few. The ones I got samples of did not mix at all. In fact it reminded me of making paste with too much water and some flour. Then the taste...well, it sucked.

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## Re:Getting pumped

Posted by TheFig - 2008/05/20 02:11

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Day 1 is done.

Wow, that was quite an experience! I'll admit that I did NOT do the ab ripper tonight. I'm ok with that ... and might not include that until next Monday after I've run through the 1st week and have a better idea of what to expect.

I hit pause a few times tonight but never for more than 40 seconds or so. I found it to be nearly as much cardio as resistance training. At one point, my body was unable to decide whether it wanted to vomit or have a heart attack. It chose neither thankfully!

I have to use the chair to assist during the pull-up/chin-up routines; so I just force myself to do 10 reps of each but work as hard as I possibly can.

I am beat, but feel great!!

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## Re:Getting pumped

Posted by Les - 2008/05/20 11:25

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TheFig wrote:  
Day 1 is done.

I hit pause a few times tonight but never for more than 40 seconds or so. I found it to be nearly as much cardio as resistance training. At one point, my body was unable to decide whether it wanted to vomit or have a heart attack. It chose neither thankfully!

!  
now that's X  
Lucky you

you might want to consider having your Ab Ripper split from your regular workout. i do my Ab ripper in the morning and my resistance workout in the afternoon.

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## Re:Getting pumped

Posted by TheFig - 2008/05/20 12:06

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Angelius,

You might want to try the EAS whey protein powder. You can get a 5 lb bag from Wal-Mart or similar stores for about \$30. It mixes pretty well with just water and tastes pretty good. I've been using Body Fortress from Meijer which is around \$16 for 2 lbs.

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Others may disagree, but from my research I've found that one whey protein is just about as good as another. Look for those that are a mixture of whey isolate and concentrate and you will be fine. Don't get to hung up on the taste and just slam it!

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## Re:Getting pumped

Posted by mailbox head - 2008/05/20 14:56

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Guess I'm in if this is the group starting on May 19th.

For the background- 25 YO male. 5'9", 185 pounds. I run around 70 miles per week right now. I intend on my running being my primary/most important activity because I'm training for a marathon in October, but I wanted to start P90X as a way to improve my flexibility and core strength, and to lose a little weight. I'd love to get down to 170.

I did the shoulder and back and Ab ripper last night. I thought I was pretty respectable with push-ups and pull-ups going into the program, but I was lucky to squeeze out more than 2 pull-ups by the end and maybe 5-10 per set of pushups in the final sets.

I struggled with the Ab ripper because I have horrible flexibility and I find that my hip flexors are very weak. I'll get there, I just have to modify the moves a bit while my weak muscles catch up.

This morning, plyo went just fine. I have very little leaping ability, but I'm pretty well developed cardiovascularly, so I was able to power through the routine with little difficulty.  
Not feeling too sore right now, but it'll be interesting to see how my run tonight is affected by it.

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## Re:Getting pumped

Posted by angelius - 2008/05/20 19:34

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OK so here is the latest. I called up the place that I ordered my pull up bar on 5/7/08 from and they tell me that my order was processed, TODAY. Apparently the item was out of stock until today but no one thought to tell me. Great huh.

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## Re:Getting pumped

Posted by angelius - 2008/05/20 19:37

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Thanks. I will check on that. I was just hoping that the taste would be somewhat decent. The recovery formula from P90x is pretty good.

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## Re:Getting pumped

Posted by Medikman - 2008/05/20 23:53

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I bought the Elite by Dymatize from Bodybuilding.com. They have a ton of flavors and mine was \$35 for a 5lb tub. I like the Banana Creme one. They are based out of Idaho, so being in Utah I got mine the next day even on the standard shipping.

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## Re:Getting pumped

Posted by angelius - 2008/05/21 01:54

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Let me know if it tastes good and if it has the same things in it as the recovery formula from P90x. I am definitely curious because that is a really good price for that amount of mix.

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## Re:Getting pumped

Posted by TheFig - 2008/05/21 02:08

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Plyometrics was a blast! My lungs were on fire right along with my legs. I "currently struggle" with cardio, and am looking forward to getting better with each workout.

Sleep will come easy tonight!

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## Re:Getting pumped

Posted by Les - 2008/05/21 08:43

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Another Plyo head, gotta love plyo. I workout at the gym so it's feels good to me at least being the odd one when everybody is doing the standard i'm on the side doing Jump knee tucks.

TheFig have you considered keeping a journal in the daily Log section?  
it keeps me honest and accountable.

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## Re:Getting pumped

Posted by Medikman - 2008/05/21 13:21

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angelius wrote:

Let me know if it tastes good and if it has the same things in it as the reovery formula from P90x. I am definately curius because that is a really good price for that amount of mix.

It doesn't taste bad, it's way better than some I have tried. It tastes even better if I use vanilla soy milk to mix it with, but I have just used water for the last few days. If you go to [bodybuilding.com](http://bodybuilding.com) and look at the product catalog it will pull up all of the nutritional information about it. That tub has roughly 73 servings in it.

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