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## He wont stop complaining!!

Posted by ceemee - 2008/07/03 20:12

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My husband has started back working out with me but every workout he complains that something hurts or doesnt feel right!! I try to be supportive and tell him that either he is doing it wrong or that his body isnt use to the workout and it will take time!! How can I keep him motivated without snapping.....and believe me I am close!! :woohoo: :woohoo:

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## Re:He wont stop complaining!!

Posted by Les - 2008/07/03 23:30

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is your husband one to get up and try something new, or does he needs to be coaxed into it?

you haven't answer my question regarding whether it was his idea or yours to get into this program. personally I think it was your idea and he's feeling obligated to do this with you, either to support you or to be in better shape

with that said telling him that in the words of P90XAddict "Fear is pain leaving your body" so deal with it. in fact if he's not feeling pain he should worry .

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## Re:He wont stop complaining!!

Posted by Krantze\_ - 2008/07/04 00:22

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I'm gonna put myself in your position:

If my girlfriend was complained about how she looked, worked out, then complained about how bad it hurt.

1. I'd be proud that she was at least doing something.
2. I'd tell her that if she wants to look better, it's gonna suck, hurt, and be uncomfortable...get used to it.
3. if the complaining continued I'd suggest some other workout system (p90) for people who aren't ready for p90x.

I mean, we don't know the exact situation your dealing with here. As in, what does he complain about, how often, does he want to do it or like les said does he feel obligated to do it.

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## Re:He wont stop complaining!!

Posted by ceemee - 2008/07/04 06:28

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He always wanted to workout with me but it was my idea to try P90x. I felt this was a good way to workout together. I like P90x but Im too sure if he really likes it. He's never really worked out before and his eating habits are horrible.:angry:

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## Re:He wont stop complaining!!

Posted by ceemee - 2008/07/04 06:34

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Since he expressed that he wanted to workout with me and now see that its not easy. I feel that he feels he is obligated to do it. When we workout he complains that something hurts or he think he pulled something.....on and on and on. Ive told him he has to watch his form and then focus on the reps. Trying to be patient and supportive but it is a real challenge.

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## Re:He wont stop complaining!!

Posted by glenn - 2008/07/04 08:44

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If he has never worked out before then P90x is an extremely tough way to start. There is also going to be the added pressure of being the "alpha male" during work outs so he may be over extending himself to keep up with you and thus

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could be indeed hurting himself.

This is not an excuse to stop but perhaps throw the dog a bone and go slower on your P90x reps to let him feel he can at least keep pace with you. Perhaps even fake symptoms of fatigue/illness as an excuse to slow down and then gradually, as a team, build up. I realize this requires more patience and mentoring on your end but for a grown man, who is overweight, never exercised, P90x is one rough road.

Good luck and keep us posted! :blink:

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## Re:He wont stop complaining!!

Posted by he4dhuntr - 2008/07/04 09:13

You should have patience with your husband, some people like to complain, that's just how it is. He could actually be hurting himself and if his eating habits are indeed "horrible" as you put it added to the fact that he's never worked out before, P90X might not be the best idea for him. His nutrition is probably not giving him the right amount of energy and the right nutrients to his muscles to properly perform the workouts. The fact that he's never worked out could mean that his abdominal muscles and lower back muscles are weak, in turn this could greatly hurt his form/posture during the workouts and he could easily be pulling muscles or hurting himself. Tell him to take it slow. Deal with his complaining, be understanding. Talk about the situation. Tell him that he is not obligated to work out with you just because he had said that he wanted to. Tell him that this program might not be too exciting or what not for him and that he could maybe look into something more interesting to his tastes (going to the gym and lifting weights, running, etc?). Anyway, work it out. Keep patient, you're married and marriage is forever. Cheers!

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## Re:He wont stop complaining!!

Posted by Les - 2008/07/04 12:55

glenn wrote:

This is not an excuse to stop but perhaps throw the dog a bone and go slower on your P90x reps to let him feel he can at least keep pace with you. Perhaps even fake symptoms of fatigue/illness as an excuse to slow down and then gradually, as a team, build up. I realize this requires more patience and mentoring on your end but for a grown man, who is overweight, never exercised, P90x is one rough road.

Good luck and keep us posted! :blink:

it sounds good strategically, but I disagree 100%.

I don't think there is a benefit in her slowing down just so he can catch up, It's like this; she'll be waiting midway on her way to the top of the hill, what if he decides that the hill (P90X) he's too steep, she will have to double up her effort to make it to the top. Give it your all just so he can see that this is not a joke.

I really don't have an answer to your situation but some suggestions, perhaps he ought to try something less intense. go to a gym and work the machines.

this program is for folks who workout regularly, so to get great result one must be working out 5 days a week at least, by doing both cardio and weight training.

Put on cardio for 2-4 weeks to build endurance and 4 weeks of weight training after which he can start he's first round of P90X.

Good luck

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## Re:He wont stop complaining!!

Posted by Kevin - 2008/07/05 18:01

Les,

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I'm with you on this one! He's going to have to put forth some effort to get into shape enough to do the P90X workout. Ceeme, Les' idea of doing Cardio X together is probably the best compromise if you both want to work out to the same program. If he's never worked out, or if he's let himself slip out of shape, you're asking him to climb Mt. Everest with you.

Hope you two can work something out together, but he's going to have to catch up with you.

Best of luck!!

Kevin

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### Re:He wont stop complaining!!

Posted by chrisinfinity - 2008/07/06 00:56

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just tell him to suck it up if i can do it anyone can

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### Re:He wont stop complaining!!

Posted by savtime - 2008/07/07 10:53

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I am going to offer my two cents and say that your husband is not ready for this workout.

When I started this program I had 1 friend and two co-workers get excited and hop on the bandwagon with me (they shared my dvds). My very close friend and I had planned to do the whole thing together and get great results. It started good - we did our first plyo together but he ended up having trouble with yoga day and next thing you know he stopped doing it and as such is no longer my workout partner. My co-worker friends got in about a week and a half and quit.

Now there was one big difference between them and myself. I had been workout out for the past 6 months steadily without missing many days. My friends had not been working out at all in the past however many years.

So if you never workout out and then someone tells you to start working out 6 days a week and some workouts could take you 2 hrs to complete cuz you can't get through it that fast is a recipe for disaster!

bottom line: Unless you have awesome willpower, if you are not on any regular wrokout routine in the past, it will be extremely difficult to do p90x and not quit or give up. And this is just the workout out part!! Nutrition is even harder!

So I doubt your husband is ready for this and needs to prove some simple dedication to working out by maybe just going to the gym 3 days per week for a month or two without missing days to get his body into a routine! Or just let him do the routines with you but allow him to skip any of the workouts which are too hard for him or causes him some pain. Plyo is probably way to hard for him too!

The danger you face is too push him too hard where he decides that working out this hard is just not worth it.

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### Re:He wont stop complaining!!

Posted by he4dhuntr - 2008/07/07 11:21

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I agree with that post. Some people go onto P90X from never working out (0 days a week not to mention a month) to working out 6 to 7 days a week for 60 to 90 minutes a day. That's some pretty hardcore dedication and it isn't for just anyone. It's not one of those adds that promises super results in 4 weeks working out 20 minutes a day 3 times a week. P90X is about an hour and a half a day of intense workout 6 to 7 times a week. If you're not completely dedicated to it, it would be very hard to follow the routine, not to mention not to complain during it. It's simple math. Maybe this isn't for him and he should just go jogging on Saturday and Sunday mornings. To everyone their own.

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### Re:He wont stop complaining!!

Something else to think about is the fact that starting new good habits is every bit as hard as quitting old bad habits. Doesn't matter what it is, but most habits take a good solid few weeks before they start to get established/removed. Until you get over that hump part, it is really easy to fall off the bandwagon.

Like many have already commented, if you're not only starting from out of shape, but are also starting from a well entrenched bad habit of not working out regularly, it's going to take a lot of motivation and will power to get the new habits in place.

Best you can do is be supportive. But as with all personal change, the desire to do it has to come from within the individual. And to some extent, you have to respect the choices of a significant other-- even if you disagree with them.

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