
Hello all!

Posted by tmaj2004 - 2008/05/06 00:35

So...I have P90X coming in 1-2 weeks. I want to set up and have everything I need before that.

It would be done in my basement, but it is unfinished: nowhere to put a door bar. What can I do for this?

I have 50 lb weights for when I did curls and such, but clearly this is going to be intense and I should stick to 15-25 to start. Any nicely priced adjustable or single weights in Ontario, Canada? (obviously only applies if you're in Canada...or a place with very low shipping to me lol) :)

I read in the forums of a pushup bar, yoga mat, etc...

Sounds like I'll be spending another \$100, but whatever...health > going out to drink. Time for change, change is now...well...1-2 weeks.

For now, Ill stick to biking on my Trek bike till it comes, no rush :)

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Re:Hello all!

Posted by Les - 2008/05/06 09:23

Welcome

It would be done in my basement, but it is unfinished: nowhere to put a door bar. What can I do for this?

there is a member in a similar situation who plans on using the joist in the ceiling to attach a barbell of course without the weight or something similar, that's an option.

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you're right you'll need a wider range of weights, as for price and recommendation i can't help because I attend a gym at least for the next year. look into Ironmaster qldb w

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make sure to get some quality stuff.
I got some resistance band at sears and they keep scratching me
I have a Gaiam matt and I could do Plyo on it, it's that tough

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this summer I'll start using my Trek(hybrid)again, and swim more. It's a simple requirement when you're an Arcadian.

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Re:Hello all!

Posted by tmaj2004 - 2008/05/06 20:25

is a Bosu ball required?

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Re:Hello all!

Posted by Iskarp - 2008/05/06 20:31

Nope.

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