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## ? Is this program good for Females?

Posted by NursEva - 2008/07/12 20:54

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Hi I'm actually thinking about doing the p90x although I don't know if I fit the requirements, 1st I don't really exercise, 2nd I'm neither fit nor athletic and is this good for females? I see lots of fellas here on the boards not much woman so I don't want to be bulky I just want to slim down and tone some muscles.....

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## Re:? Is this program good for Females?

Posted by he4dhuntr - 2008/07/14 09:04

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yes the workout works great for women as well. You'll see quite a few of them in all the P90X videos. If you're not in great shape, the videos also show you alternative ways of doing the moves for making them a little easier with still great results. As far as not bulking, women don't have the right hormones to bulk like guys, it's a common misconception in women that they think that by lifting weights they will get bulky, it's not true. Also, if you want to just build lean muscle, just choose a lighter weight with more reps. P90X works great for both women and men. I do suggest that you take the "fitness test" to gauge if you're ready to take on P90X however. A lot of people start with P90 and then move on to P90X. Good luck!

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## Re:? Is this program good for Females?

Posted by Krantze\_ - 2008/07/14 13:00

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I agree, if you don't workout or anything p90 should be good for you. Definitely take the fit test to see where you're at. If you pass, by all means get p90x, but if not look into p90. As for whether it's good for females or not, my girlfriend has been doing it for about 5 weeks and she loves it. There are women in the videos that show you modified moves, and also show you what you'll be capable of after you complete the program.

If you want to really get fit in all aspects: flexibility, strength, endurance, etc; p90x is perfect for you. Gender is irrelevant.

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## Re:? Is this program good for Females?

Posted by Courtland - 2008/07/14 14:59

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Krantze\_ wrote:

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If you want to really get fit in all aspects: flexibility, strength, endurance, etc; p90x is perfect for you. Gender is irrelevant.

Exactly. My wife didn't start seeing results until the 3rd phase. She did the classic routine. It made her really strong without "bulking" (you would need to eat like a footballer to bulk). She is now going through it a second time doing the Lean program.

-Court

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