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## June 2nd Class

Posted by Val - 2008/05/30 19:27

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Greetings one and all! I've made a couple of posts already on these forums, but figured it was time to properly introduce myself and also see if there's anyone else out there that is planning on starting the program on June 2nd.

I ordered the P90X program last week after seeing the infomercials on TV back on May 18th. At the time my fiance and I were just finishing a week long vacation, and I was flipping channels as I was packing things up to go home when I saw the infomercial. For several months now we've been wanting to get back in shape (even though the wedding is still a long ways off ;)), but knew that we would need a good, solid, and structured program to keep us interested and really motivate us to stick with it. Given how my busy schedule lines up with hers, I also wanted to get some sort of in-home program that wouldn't require tons of equipment that we just don't have space for in our apartment.

Prior to meeting my fiance several years ago, I used to work out regularly at 24-hour fitness. For some reason though, once I met her and we started dating, I suddenly found it hard to work out consistently. I guess I got distracted :P At any rate, soon after we got serious I finished school and started working regular hours at an office, and over the last two years or so I've definitely noticed my body composition changing as my muscle has wasted away only to be replaced with padding.

Despite being pretty inactive for the last few years, I was able to pass the fitness test just fine. At 30 years old, I'm 6'1" and about 175 lbs. I've always been on the tall and skinny side--and still am--but would love to get back in shape, get rid of the padding, and get ripped. I would actually love to gain a good 10 pounds or so!

My fiance is younger, 5'4", and on the petite side. When we first met she was really skinny, having recently graduated from college where she was on the "poor starving undergrad diet plan". Over the last several years she's been in grad school, and has also seen some changes in her body composition. Despite that, she too did just fine on the fitness test (she has a very impressive verticle leap I might add!), but would like to shed some pounds and get toned up and fit again.

So now it's time for us to get in shape together, starting on June 2nd. Anyone else starting the journey this same day! Let's BRING IT! :woohoo:

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## Re:June 2nd Class

Posted by Storm - 2008/05/30 22:39

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My wife and I starting Monday too. I'm doing the last minute planning and shopping this weekend. I still need to pick up and install the chin up bars, get the supplements, and shop for next week's meals.

I'm pumped to get started. I worked out religiously in college but since my kids were born I've pretty much been out of it and it shows.

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## Re:June 2nd Class

Posted by Les - 2008/05/31 05:52

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alright a new class is forming, it's small right now but it looks like this train picks up people at "non-designated stops" so let's wait and see

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## Re:June 2nd Class

Posted by jon b - 2008/06/02 08:46

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Jon B is on the June 2 class train as well. I'm in the used to work out all the time, now have kids boat, but I'm getting up early before work to pound it out. Did the chest/back this morning and we all know that this is for real!

I'm excited to see where this will lead. Excited to have tons of people pulling for each other to push everyone to get better.

1 down, 89 to go!

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## Re:June 2nd Class

Posted by Gensfan - 2008/06/02 09:22

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My wife and I are starting today too. Looking forward to this lifestyle change. Do most people do the workout to completion or do some split up the hour if unable to fit in on some days. I know my tuesdays are going to be tricky with 8-5 job and baseball on tuesday nights. My little guy has been getting up earlier now (6 month old) so I might get a chance to do most of it in the morning.

Question for guys...What weight should I use when doing this program? My wife has the bands and I was going to use weights. 10 pounds or 20 pounds?

I know the diet part will be my toughest at the start. Any different meal suggestions for the fat shredder stage?

Good Luck everyone!

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## Re:June 2nd Class

Posted by Storm - 2008/06/02 11:37

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We did chest and back this morning. This workout is no joke.

Question - I did the pullups/pushups to failure, but didn't use a chair or my knees to force reps. Should I be?

Gensfan - that's going to totally depend on your specific case. If you're looking to build muscle pick a weight that you can only get 6 - 8 reps on. If you can do more, keep going and increase the weight next time. I ended up doing I think 35 on lawnmowers (I need to move up next time) and 30 on back fly (about right).

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## Re:June 2nd Class

Posted by Holy Moly - 2008/06/12 16:28

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Hey everyone, name's Andres. just wanted to throw my name into the mix here. i also planned on starting June 2nd but due to some personal problems i couldn't get my groceries done on time so i ended up starting on June 4th.

i thought the first day (chest/back) was mildly difficult. that is until i woke up the following day. oh my lord!!! my back has never been so sore!! Ever. so far this is the most entertaining workout regimen i have ever taken part in.

i just started week 2 yesterday and have already noticed a difference in my energy levels while doing the workouts. plus a lot of the soreness has gone away for good.

i've pretty much always been a regular at the gym, but have always run into plateau's. i see results for 3 or 4 weeks and then BAM!! i can't get any further.

another problem i've always had is that i can lose significant weight and body fat but i have never been able to lose my love handles and small pot-belly. hopefully these problems will change with P90X. man, i am SUPER-PSYCHED!!!

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## Re:June 2nd Class

Posted by Krantze\_ - 2008/06/12 19:10

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Gensfan wrote:

My wife and I are starting today too. Looking forward to this lifestyle change. Do most people do the workout to completion or do some split up the hour if unable to fit in on some days. I know my tuesdays are going to be tricky with 8-5 job and baseball on tuesday nights. My little guy has been getting up earlier now (6 month old) so I might get a chance to do most of it in the morning.

80% of muscle is broken down during the first half of each workout, and 20% in the second half. Though that 20% is key to getting maximum results and shouldn't be skipped, if you half time issues you can get away with doing only half every

once and a while.

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## Re:June 2nd Class

Posted by Gensfan - 2008/07/17 12:28

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Hi all

I just wanted to write a quick note to say even though I haven't been consistent everyday with the workouts(injured wrist in baseball) This program works. I have been very good with the eating part and have done all the workouts except the push ups as it bothers my wrist too much.

I am at week 7 and have seen big changes in body already. I started the program at 244 pounds with a nice belly. I am down to 226 today and belly is disappearing. Also feel a lot stronger. I have seen huge improvements playing ball and running.

So if you started with this class.... keep with it cause it works!

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## Re:June 2nd Class

Posted by Les - 2008/07/18 09:24

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what do you do to replace the push ups workout and how's your wrist for pull ups

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## Re:June 2nd Class

Posted by Gensfan - 2008/07/18 12:37

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As I said I haven't completed the program by the book. I usually sub in a cardio or plyo for the days I should be doing push ups and pull ups. It has been tough as I have seen a big difference in weight loss around the middle(probably due to diet) and it has shown when playing hockey and ball or running. At week 7 I am completing workouts where as in weeks 1 and 2 I struggled to complete the entire workout. I took a ball back at me (the pitcher) that snapped my wrist back so hard that my wrist might have been displaced (per massage therapist). It is starting to feel better but this is 6 weeks later. There was just no way I could put the pressure on my wrist when doing push ups. I decided I was going to do this to my best of my ability at the start of June through the summer and not let the injury get in the way. I'm hoping that by next week to get back into the push ups and pull ups.

Any suggestions for different exercises in the meantime as opposed to the push ups?