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## Just another newbie

Posted by mackhott - 2008/07/11 22:49

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I too just started last week, but I have never finished a full set. But I have lost a few lbs, I must admit motivation is the biggest hurdle. And so I ended up here looking for other people who are just starting and just like everyone else share tips and progress. I will be doing the photo thing and learn how to to daily blogs .. wish me luck.. (I'll need it)

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## Re:Just another newbie

Posted by Krantze\_ - 2008/07/11 23:47

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Good luck man, you've found a great group of people who are always quick to motivate you. If you have any questions or anything don't hesitate to ask.

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## Re:Just another newbie

Posted by Kevin - 2008/07/12 09:44

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Welcome aboard!

Don't worry about not completing a full set. Nobody blows through a workout the first time! I've been all the way through the program and there are still things I can't complete. But in 90 days (well, even in one to two weeks) you'll amaze yourself with the things that you can do!

This is worth every penny paid and you'll have a great routine to keep you fit and healthy for life!

Keep bringin' it!!!

Kevin

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## Re:Just another newbie

Posted by Football\_fanatic - 2008/07/12 14:58

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Yeah man, motivation is sometimes something I need badly, but you've found the right bored for it :).

I'm in my 2nd week(todays pretty much the last beside Stretching tomorrow)

But like Kevin said within the first few weeks you'll notice some differences.

Good Luck! And if we're on the same schedule see you at the Finish Line!

-Best of Luck

-Glenn

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## Re:Just another newbie

Posted by mackhott - 2008/07/12 20:59

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Thanks for the words.. it really does help. But today was a no energy day, but I did do some ab work, and ate right, so ... but it does help to read other people stories, So thanks again

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