
My own journey to begin soon!

Posted by cilla913 - 2008/04/18 11:58

Hey all! My name is Priscilla. I am 24 years old, married with 2 active little boys ages 4 and 2. I haven't really worked out much in the past week or so and won't be starting P90X until we move into our new apartment. I'll be borrowing the dvds from my sister in law who has finished and got amazing results! Horray for saving money!

Now some fitness history. Back in October I started at 155-159 pounds, still carrying around all that baby weight. I worked out with Denise Austin's boot camp video (yes, I know what you are thinking!) and went down to 135 pounds by January. I paired the workouts with better eating habits. Cutting back on junk, no soda, and portion control. I didn't feel deprived because I had what I wanted, but didn't gorge on the stuff! Now I have been stuck for a few months. I need to revert back to the better eating habits and stick with it, although I still don't have soda because I don't really like it anymore.

My husband says he will do the workouts too, the classic version of course because he doesn't need any weight loss. We'll see how it pans out. My strengths are legs, butt, and abdominal. Even though I carry most of my fat in the midsection, I can blast through an ab workout with my eyes closed. I can pound out lunges and squats like nobody's business! My weakness is upper body. Pushups are my mortal enemy! Of course I can do the girly ones, lots of them. I can do regular style pushups, just not many at a time. Don't even get me started on pullups either! I just tried to do one on the top of a door and got about halfway up! That's okay though. I know it's okay to suck at some things like that, as long as I give it my best shot. I am also good with dumbbell curls, presses, kickbacks, rear flies, etc., just not the pushups...lol. "Pain is weakness leaving the body" and I can do this! I want to turn my weaknesses into my biggest strengths. It will improve with hard work and a strong mentality, I know it!

As soon as the kids are napping, I will squeeze in the P90X fit test as a workout. I'll be back on later to update with the results I get, although you already know what number I have for pullups... a big fat ZERO! Go me!

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Re:My own journey to begin soon!

Posted by cilla913 - 2008/04/18 13:03

Okay guys and gals, I completed the fit test and I kinda surprised myself! I did things I previously stated I couldn't do! I normally use 5 pound dumbbells for my resistance, but with the bicep curls I used both to make 10 pounds (I don't have 10 pounders). Anyway here are the numbers....feel free to comment please because I welcome encouragement....and constructive criticism!

Resting Heart Rate: 64

Pull-Ups: 1/2

Verticle Leaps: 5 inches

Push-Ups: 7 regular (no knees!)

Toe Touch: +2 inches

Wall Squat: 1 min. 3 sec.

Bicep Curls: 17 reps w/10 pounds

In & Outs: 37

Heart Rate Max: 150

After 1 Minute: 118

After 2 Minutes: 100

After 3 Minutes: 94

After 4 Minutes: 90

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Re:My own journey to begin soon!

Posted by Charles - 2008/04/18 13:22

Not bad at all. Those are close to what my wifes' numbers are. You will surprise yourself throughout this program which just makes you want to do it again and again plus push yourself that much harder the next time. Welcome and remember to ask questions as you go through this workout. I am finishing up week 3 and would not have done so well without this place. Its nice to know that there are others with the same questions and pains that I have. Start a daily log to track you progress and find motivation. Good luck

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Re:My own journey to begin soon!

Posted by Les - 2008/04/18 19:48

I think you're gonna do very well because you come prepared by default because being a parent requires speed and vigilance from what I hear, so this will be more like a challenge for you.

you got your diet down, and the support of your husband as a workout buddy.

Please like suggested keep a daily log to tell us how you're going thru with it

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Re:My own journey to begin soon!

Posted by cilla913 - 2008/04/19 08:07

Thanks guys! I definitely know it will be a challenge. What seems to help when the muscles start burning during the workout I get vocal....kinda the same concept as martial arts when you let out that scream, it helps physically. Most of the time though, I end up calling the instructors really bad names! :ohmy: As far as the diet, I definitely know what to do, so it shouldn't be difficult to get back in the groove. One thing I am happy with is that I can lower my carbs, but don't have to cut them out completely with the program! I tried south beach before and got very sick...I am a carb addict! Although, I do LOVE whole grain products and veggies and all that.

One thing I am going to do is give myself a weekly reward, like a serving (just ONE) of dark chocolate...yum! For my husband, his reward would definitely be cheesecake...yum! As I make purchases, for example dumbbells, bands and chin-up bar, I will post it. I will also make sure to keep a log and post it. I do have PDF files of the classic and lean plan, and also of the log sheets. I really love the layout of the Excel file that was created in here, but it's classic. Is there any chance that someone has created the same for the lean version?

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