
Noob lol

Posted by Football_fanatic - 2008/04/18 17:17

Hello my name is Glenn, Been following this forum for about 2 weeks, and its got me interested in purchasing p90x. I'm pretty overweight, but like a sporty type but im not the HULK lol. Trying to get my self in a little better shape for the beach and for this upcoming football season, and i'm sure if i stay committed i can definitely get in shape. From what i've seen and read on here, the program works really good! I look forward to BRINGING IT in a few weeks lol. Just have a few ?s.

1. Do i really need a pull up bar? I can't even do 1, VERY BAD lol. Bands i see could be an alternative, anything else, and would yall suggest more upbody activities like push-ups?
2. How important is the eating diet thingy? Im sure i could stick to it, jus wondering.
3. Endurance wise, how much of an improvement are we talking? Does Jogging help?
4. Lastly, jus wanted to say thanks for the help and also thanks to the people who created the forum! Look forward to joining the crew lol.

Peace and Later!

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Re:Noob lol

Posted by TiamatFix - 2008/04/18 17:31

1. Do i really need a pull up bar? I can't even do 1, VERY BAD lol. Bands i see could be an alternative, anything else, and would yall suggest more upbody activities like push-ups?

Not at first but you will want it later, trust me. As the weight falls off you will discover really fast that pull ups arn't all that impossible. Doing negatives is a great idea too.

2. How important is the eating diet thingy? Im sure i could stick to it, jus wondering.
Going back to your pull up question, if you want to do pull ups your going to want to shed the pounds! Less dead weight more power you have for the task at hand.

3. Endurance wise, how much of an improvement are we talking? Does Jogging help?
Just "doing your best and forgetting the rest" will improve your endurance by leaps and bounds. I'm able to do stuff now, cardio wise, that I could only dream of before! Just from doing the dvds! The work outs definetly will translate when you try to go back to doing your old work outs(Spin, martial arts, running, swimming, ect.)

4. Lastly, jus wanted to say thanks for the help and also thanks to the people who created the forum! Look forward to joining the crew lol.
We look forward to seeing much more of you! The more the marrier! And we are secretly building a army of spartans, in case you hadn't heard.
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Re:Noob lol

Posted by Les - 2008/04/18 19:31

Football_fanatic wrote:

1. Do i really need a pull up bar? I can't even do 1, VERY BAD lol. Bands i see could be an alternative, anything else, and would yall suggest more upbody activities like push-ups?

If you can afford it purchase a pull up bar. the objective of pull up and push up is to do what you can, that mean doing half a pull is good enough because that's your mark for next time.
When you get the program you'll see that there are some alternatives move that will help you achieve your goal like doing push up from your knees and using a chair to do pull ups.
and of course there is also the bands.

2. How important is the eating diet thingy? Im sure i could stick to it, jus wondering.

the diet is ABSOLUTELY essential, you don't have to follow the P90x nutrition plan but you'd have to monitor your eating habits which will involve keeping a journal and such. basically identify what's good what's bad and eat proper serving and be happy.

3. Endurance wise, how much of an improvement are we talking? Does Jogging help?

Endurance is a reward you get from working out. so if you're committed you'll perform better on the field, because you will have endurance.

walking helps so jogging is better running is great but Plyometrics is Best (yeah I said it).

By the end of Phase 2, you should be able to pull doubles if time and schedule permits.

Welcome

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Re:Noob lol

Posted by Football_fanatic - 2008/04/19 11:26

Ok thanks that definitely helps, and yes i have heard of the "SPARTAN ARMY!" lol look forward to one day joining.

THIS IS SPARRRRRRTA!

:couldnt resist saying it

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Re:Noob lol

Posted by Football_fanatic - 2008/04/19 11:31

Thanks, needed to know about the Nutrition plan part. Plyometrics, alright and i would do this on my rest day?

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