
P90X warm-up?

Posted by ieat2much - 2008/05/09 13:38

I want to start a program like P90X but think the cardio side is probably way too advanced for me. I'm 44, in pretty decent shape but my workouts are almost all weight training. My cardio capacity is pretty bad. I did a few quarter-marathon relays (6.5 miles) a few years back, and that was about my limit. Is there a good program anyone can recommend to act as a warm-up before I try P90X, to get my cardio system ready?

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Re:P90X warm-up?

Posted by Iskarp - 2008/05/09 14:34

Without any specifics provided. I would say, go for it and try it out!! At first, most of us had to cut reps and even some exercises out all together. With time, you will increase and be at the level of the folks on the DVD. Lately, I have been thinking how far I have come and I need to pinch myself to think that these folks are PROFESSIONALS and I am keeping up with them!!

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Re:P90X warm-up?

Posted by Tater - 2008/05/09 15:57

I started the P90 program 10 weeks ago and I'm in way better shape today because of it. I'm still big, but I've I'm losing weight every week and can push myself harder than even I thought possible.

I knew I was in pitiful shape prior and P90X scared the S@#\$T out of me. Now, I can't wait for the next 2 weeks (last 2 of P90) to end so I can start the X!

Also, go to the P90X wwebsite and there is a copy of the fit test you can download, or I believe someone has posted it here as well.

Except for the chin ups, I was able to pass all "minimums" suggested.

You may already be ready.

And remeber, "Just Push Play"

Thanks

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Re:P90X warm-up?

Posted by Les - 2008/05/09 16:27

Tater wrote:

Also, go to the P90X website and there is a copy of the fit test you can download, or I believe someone has posted it here as well.

Thanks

Ditto

take the fit test, that will help you better determine whether or not you're ready for P90X

Personally I think you should be able to handle P90x because you've been weight training. What makes P90x intense is the superset mode, there isn't much for rest between set unless you're doing heavy weight then you'll naturally stop sooner to rest. With that said there is rest/water break/towel off time built in so don't think this goes on for 1 hour without rest.

the cardio workout has a modified version for people with bad knees and such.

Good Luck

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Re:P90X warm-up?

Posted by ieat2much - 2008/05/10 07:49

Okay, you have all convinced me, I'll buy it. As far as the weight training helping, that has boosted my confidence. I have been working out 3 times a week for years and lift pretty heavy weight. It's just that I am not a treadmill/stairclimber person. I also have bad knees so your comment on the knees is helpful tater. My daughter said she was interested in the program too so hopefully between us we'll push each other to stick with it.

Thanks everyone

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