
Some silly questions

Posted by mackhott - 2008/07/12 21:38

1. What is the best time to work out (I have to be at work by 7:30 but there is a full gym there so early mornings are not a problem, if mornings are better)
2. Eating the smaller meals but more of them I understand, but can you even stretch it out further ... not eat more just even smaller portions more often.
3. Music... I need good workout music ideas.
4. Other Meds should you take pain meds or sleeping pills (sometimes it takes forever for me to fall asleep.)

I think that's it for now thanks

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Re:Some silly questions

Posted by Kevin - 2008/07/12 23:46

Glad you're here!

To answer your questions...

The best time to work out is when it's the best time for you. Prior to P90X, I used to get up early and either ride an exercise bike or walk on a treadmill. I wasn't really a morning exerciser as I couldn't get the body working effectively at that hour, so I saved the heavy stuff for later in the day. With P90X, I just did the whole thing in the evenings after work. There's really no "best time" per se, it's just whenever it's the best time for you personally. The only suggestion I'd make is not to do really heavy exercise right before bed as it might rev up your motor and you might have trouble sleeping. More of a problem for some than for others.

As far as music goes, the P90X videos have some pretty good music. When you get used to the workouts, you might want something upbeat and uptempo. Most of us listen to pop or rock, funk styles, but you're always welcome to choose your own.

For medications, I'd talk to your doctor. While many of us (myself included) have some medical background, this really isn't the right place for medical advice. None of us know your case and can't examine you very well online. You deserve to have sound advice in these matters and your doctor is the best place for that. I would suggest taking in your copy of the P90X literature and the workbook and diet plan and discussing it with your doctor. You may convince him/her to sign up!

Hope this helps,

Kevin

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Re:Some silly questions

Posted by Krantze_ - 2008/07/13 00:44

As far as eating goes, I don't eat that much throughout the day. I just limit my calorie intake to the lowest amount possible. Think of it as burning more calories than you take in, that way you burn your stored fat.

I listen to underoath when I workout just 'cause it's so intense and it gets me pumped up. Basically though, it's whatever kind of music automatically gets you fired up.

For pain, my dad's a doctor and every time I'm in pain (or sore) he suggests a motrin (ibuprofen). About 800 mg will do it.

While I was at school and I had 8:00 classes with a roommate who stayed up till about 3 or 4 every night, I took two Tylenol p.m.'s before I went to bed and I slept like a baby.

Hope this is what you're lookin for.

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Re:Some silly questions

Posted by savtime - 2008/07/14 17:33

Sleep problems,

Bust your butt on P90x and you won't have sleep problems!

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