
Starting a new ME

Posted by Ford4x460 - 2008/04/21 00:50

I wanted to start by saying that this forum as given me inspiration. I ordered my P90X Friday and found this place Saturday. I am going out of town for a week and Wanted to post before I left, cant wait to start. I am tired of being average looking (just slightly over weight). I am tired of what I have become. I am ready for a change. I am 29 years old and bigger than I have ever been. 6"5" and 265 lbs.

I ordered the pull up bar and the bands because I cant afford weights right now. Are the bands ok for starting? Any words of inspiration will help. See you in a week.

Re:Starting a new ME

Posted by Les - 2008/04/21 06:16

Welcome

the bands are perfectly fine for starting. you'll just have to increase the resistance as you see it fit.

Re:Starting a new ME

Posted by Ford4x460 - 2008/05/05 00:57

Well I am back and have all that I need. I did the fitness test today and took all of my measurements. I am excited to start tomorrow on my 90 day journey. I am a little concerned about adjusting to the eating habits. But I am going to give it my all.

Re:Starting a new ME

Posted by Les - 2008/05/05 11:44

and another one.

you Football_fan and I are starting on 5/5/08.

on this go around I'm trying to follow the diet also, with the help of the most beautiful and smartest person in this world, that would be my wife Mrs Les.

create a daily log and take pix.

Good Luck.

Re:Starting a new ME

Posted by Ford4x460 - 2008/05/20 23:59

So I was finally able to complete the Plyometriks without gasping for air and a tight chest. I decided to quit smoking at the same time as starting this program so it has been very hard to keep up. But today I finally Did It.

Re:Starting a new ME

Posted by Medikman - 2008/05/21 00:09

WTG!! quitting smoking will help you so much. I never smoked but I have asthma so I know the gasping for air and tight

chest feeling. Keep pushing you'll do it.

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Re:Starting a new ME

Posted by Les - 2008/05/21 08:49

Good luck on quitting smoking.

and congrats on completing PLYO it gets better with every workout.

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