
Starting June 16th

Posted by burningmay - 2008/06/12 09:58

Weight : 200 lb
Height : 5'9"
Age : 30
Feeling : Psyched

I ve been frequenting this forum for the last few days. It has kept me energised and pumped. I am all ready to give it a go.

Anyone else starting June 16th?

=====

Re:Starting June 16th

Posted by he4dhuntr - 2008/06/12 10:18

Welcome to the club! I just started this Monday (June 9th) and it's going really well so far. The workouts are fun and intense, so better it's good that you're psyched, that's the attitude that'll get you through it. It's all in the head. Good luck and enjoy!

=====

Re:Starting June 16th

Posted by Tater - 2008/06/16 09:27

I have started today. I am doing the lean version.

=====

Re:Starting June 16th

Posted by Klassena - 2008/06/16 10:53

Me and my boyfriend start june 16th, actually thats today.

My stats:

Weight: 165
Height: 5'2
Age: 24

His Stats:

Weight: 210
Height: 6'1
Age: 25

We are both excited to start the exercises. We already started the diet, and so far thats going well. Good Luck!!

=====

Re:Starting June 16th

Posted by Les - 2008/06/16 13:13

Welcome
Good luck guys

=====

Re:Starting June 16th

Posted by burningmay - 2008/06/16 13:57

Did back and chest today .

Report :

1. Could do only 10 pushups of each type.
 2. Triceps were so tired, could not do any diamond pushups or nosebombers.
 3. Used lat pull down instead of pull up bar. 10 each at 100 lb.
 4. Could do only one round of ab ripper.
 5. Shake : 24 g protein (whey), 3 table spoon skim milk, one scopp mango pulp, one strawberry, half banana, one scoop creatine.
-

Re:Starting June 16th

Posted by Klassena - 2008/06/17 10:42

Report:

Had a really bad day yesterday. I was so stressed out by the time I got home and got around to the exercises. My BF had done them a few hours earlier and was going to guide me through mine (Because I have no idea what I'm doing) I didnt even get throught the stretching before I went into meltdown and turned off the video.

Day 2..... try agian.

Re:Starting June 16th

Posted by Tater - 2008/06/17 10:49

Klassena wrote:

Report:

Had a really bad day yesterday. I was so stressed out by the time I got home and got around to the exercises. My BF had done them a few hours earlier and was going to guide me through mine (Because I have no idea what I'm doing) I didnt even get throught the stretching before I went into meltdown and turned off the video.

Day 2..... try agian.

Don't focus too much on it. Try working out in the mornings. My wife and I get up at 5:00am and are working out by 5:30. We have 2 kids, 4 and 5 year olds, and working out in the evenings was boring them to tears and they would wind up distracting us. So now, it's lights out early and up before the sun. It's tough to get used to, but by the time I'm at work, I don't have to worry about my workout looming over me for when I get off work.

Just keep pushing Play!

Re:Starting June 16th

Posted by burningmay - 2008/06/17 10:50

Day : 2

Pecs and Triceps : Sore

Re:Starting June 16th

Posted by Klassena - 2008/06/17 11:14

We've talked about doing it in the morning, but he goes into work much earlier then I do. And I'm not much of a morning person anyway, so we decided to do it in the evenings..... oh well, we go agian tonight.

Re:Starting June 16th

Posted by Klassena - 2008/06/18 10:19

Day 3 Report

Yesterday's work out went great, I did Plyo and it was so much fun..... hard, but fun. Itook a glimps into today's work out, shoulders and arms, looking forward to that too.... not so much the ab ripper though. That work out can beat me down... LOL.

I drank a homemade recover drink, very little soreness. So I am happy about that. My bf on the other hand drank criatine afterward and it didnt do much for him, he was pretty sore this morning. Poor guy!!

Keep up the good work and have a good day!!

Re:Starting June 16th

Posted by Klassena - 2008/06/18 10:19

Anyone else having issues with the website randomly logging you off?

Re:Starting June 16th

Posted by he4dhuntr - 2008/06/18 10:24

Not having any logging problems as far as I've seen. The site is slow for me sometimes though, but I think that's just my Internet at work...

As for your boyfriend being sore, that's really a good sign rather than a bad one. You can't expect by drinking creatine or a recovery drink for your muscles not to be the next day. They will recover faster, that's for sure, but the soreness means that you're building muscle. I love feeling sore after a workout or the next day, that's how I know it's working. Just work through it, it tends to go away after a few minutes of workout. Cheers!

Re:Starting June 16th

Posted by Klassena - 2008/06/19 10:21

Day 4 Report:

Yesterday's work-out(shoulders and Arms) was great. I like doing upper body exercises. I have Yoga today. Should be interesting. I am probably the least flexible person on the planet... LOL. Cheated on the diet a bit last night for dinner, I took my son out to eat, we shared a child's cheese pizza. But I did stick to water. But it was worth the indulgance :D

Re:Starting June 16th

Posted by Klassena - 2008/06/21 10:48

Day 6 Report:

I missed yesterday's report so I'll give run down on both day 5 and 6

Yoga on day four was interesting, I had a hard time with the first part of the workout because I have a wrist injury from the military, so I had to push through that and Stopped for about 15 min. The balance part was funny, i didnt realize how un balanced I was... LOL.

Yesterday's work out, legs and back, went great but I was still sore from the plyo. I was able to keep up for the most part, my I could dip down as far as the could....

Today, I got Kenpo. I've been looking forward to that all week.

Sticking to the nutrition plan, for the most part, I already shared my splurge for this week with my son.

Have a great day, and Good Luck!!!

=====

Re:Starting June 16th

Posted by Klassena - 2008/06/23 01:54

Day 7 Report:

It was nice to have a rest for a day. I have officially found my favorite P90X workout. Kenpo!! I had so much fun, I didnt realize how fast the time went by. I wished it were longer. I lost 3 lbs my first week, I'm proud of myself and very happy.

Hope everything is going well with everyone else. Let me know how your doing. Have a good day.

=====

Re:Starting June 16th

Posted by he4dhuntr - 2008/06/23 09:08

Kenpo was my funnest workout too! It goes by so fast that you don't even realise how much you're sweating and breathing hard. Anyway, looks like you're doing really well so far! 3 lbs in one week is amazing! Keep up the good work!!

=====

Re:Starting June 16th

Posted by ceemee - 2008/06/23 16:13

Hi I started June 16th too. What is the "lean" version? Man am I sore.

=====

Re:Starting June 16th

Posted by he4dhuntr - 2008/06/23 16:23

There are three versions to the P90X program. Lean, Classic and Doubles I believe. The lean version concentrates less on building muscle and more on shedding pounds. So some of your resistance (weight) training would be substituted by a more cardio workout.

=====

Re:Starting June 16th

Posted by ceemee - 2008/06/23 16:25

I think its better to workout in the mornings, it gives you energy to make it through the day. I will be soon going to a 10 hour shift and wont be getting off until late. So I will be doing my routine in the early mornings. Stay motivated!!

=====

Re:Starting June 16th

Posted by Klassena - 2008/06/24 09:57

Day 9 Report:

Yesterday's workout, chest and back, was hard. If you remember I didnt do that one last week due to a bad day leading to a meltdown during my work out. Well, I made it through the work out this time, but the only push-ups I could do were wide arms on my knees. I have alot of strength I need to build there. Today..... Plyo.

Everyone have a good day and keep up the good work. Burningmay, we haven't seen you for a while, let us know how your doing.

=====