
Trying it out!

Posted by LissieLiss! - 2008/07/02 22:11

hey everyone. I have been looking around this site and find it to be very useful, supportive and encouraging! I had just ordered the P90X, and CANNOT WAIT to do this program!!!!
Let me know if you have any tips for me!!! Thanks!!!!

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Re:Trying it out!

Posted by dhies - 2008/07/02 22:21

From one newbie to another, welcome!

I just ordered my P90X yesterday, or was it earlier today.

One tip I can offer you is drink plenty of water! Keeps you hydrated and will help you burn weight and calories.

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Re:Trying it out!

Posted by LissieLiss! - 2008/07/02 23:11

Thank you!! I am so excited to start this!!!! I will def drink the water!!!!

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Re:Trying it out!

Posted by kenny - 2008/07/03 08:36

Hello - I would say the best tip is to first try the routines before you start day 1. I did them every other day for 2 weeks first to get some of the soreness out of the way then I started day 1.

Good luck!

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Re:Trying it out!

Posted by he4dhuntr - 2008/07/03 10:49

- Drink water
- Stay motivated
- Set goals
- Take a look at the routines before doing them
- Take the fit test
- Get a routine/schedule

I think the biggest part for me was just getting into a mindset of doing the workouts. You have to stay motivated. I always do my workouts at the same time in the morning every day and even on days when I don't feel too too pushed to do them, I force myself out of bed and press that play button. Incorporating my workouts into my daily routine/schedule has really helped me to stay on track and not skip any. Once you start skipping workouts it usually doesn't take long to drop them all together. Cheers and good luck!

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Re:Trying it out!

Posted by Krantze_ - 2008/07/04 00:07

Don't get discouraged when you can't do anymore pull ups or push ups halfway through the workout.. it's happened to all

of us and we've all came back the next week stronger.

get ready to work.

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Re: Trying it out!

Posted by LissieLiss! - 2008/07/11 20:54

THANK YOU EVERYONE!!!! im starting to prepare this coming monday, and starting for real the following monday!! i cant wait!

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