
TV PROBLEM!!

Posted by Cornelious00 - 2008/10/15 17:45

Hey forum,

The way my apartment is setup is going to result in some problems. Is it necessary to be watching the TV (and Tony) as you do the P90X workout? I haven't got my DVDs in yet, but my pull-up bar isn't going to be a good place to have the TV directly in front of me, but I will be able to hear and be 1 sec away from it. Any thoughts or suggestions? I can do pushups and anything that doesn't require the pull up bar in viewing range.

Thanks!

Re:TV PROBLEM!!

Posted by rippin5150 - 2008/10/15 19:29

I don't think you should have any problems. Tony is a pull-up king. Pull-ups are a max rep exercise. Most likely you will have plenty of time to do your set and when you are done Tony will still be hanging from the bar. You also could just rewind if they get ahead of you. Most of us scan through the workouts prior to doing them. That way you are better prepared for what is to come.

Welcome to the program and have fun!

Ken

Re:TV PROBLEM!!

Posted by Big Papa - 2008/10/15 21:04

It's not necessary to see the tv while doing pull ups. You can hear the music for when time is up.

Re:TV PROBLEM!!

Posted by BigFoot - 2008/10/15 23:17

got mirrors?

Re:TV PROBLEM!!

Posted by ruthlesslyromeo - 2008/10/16 08:18

my tv is down the hall from the chin up bar.. just turn the tv up you dont need to see it unless you want to see tony do a million.. haha

Re:TV PROBLEM!!

Posted by Veerukka - 2008/10/16 10:24

I agree, you don't need to see the TV to do your pullups, but I would recommend doing your maximum pullups and IGNORE when they finish. You do your reps until you are done, don't worry about how many they do. I do 10-15 reps chair assisted, then I do 15-25 reps with bands to failure. I either pause the DVD, or rewind.

Re:TV PROBLEM!!

Posted by Cornelious00 - 2008/10/16 10:31

Does Sports Authority or somewhere local like that have a good set of resistance bands?

Thanks for all the input!

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Re:TV PROBLEM!!

Posted by Kevin - 2008/10/16 12:13

They probably do. In fact, most sporting goods stores should have a wide array of resistance bands available.

If you choose too light a set of bands, you still haven't wasted your money. You'd be surprised where you can use them in the future! Just pick the set that you think will work best for you. Also, they're great to pack in your suitcase and take on the road for workouts while you travel!

Kevin

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