
What have been your results so far?

Posted by Cheergirl - 2008/09/07 14:13

Hey,

I thought I would start this thread because there were a lot of ppl starting out around the same time I did. I was just wondering what type of results everyone was getting so far??

I just finished week 3 and have noticed that my arms have got smaller which is surprising but I am happy. I do the high reps with bands. Also, I have noticed my stomach is flatter and some ab definition. My pants fit me a little bit looser and I can do up a belt around my waist one notch tighter :)

Re:What have been your results so far?

Posted by Les - 2008/09/07 16:22

sounds like you're doing great.
Keep it up

Sparta Bound!

Re:What have been your results so far?

Posted by Big Papa - 2008/09/07 22:30

I'm in the recovery week after the first phase. I think it's day 25. I've lost 20 lbs (but I've been stuck there since day 10). I have to tighten my belt two notches tighter.

I don't feel like I look any different yet. I've only had one person make any comment about me losing weight. I'll not be posting day 1 and day 30 pictures because there hasn't been much change.

However:

I feel MUCH stronger and in MUCH better physical shape now than on day 1.

I am also sleeping better and have energy all day long.

One of the most important things to me is that my kids have noticed that I'm working out.

Bigger and better results are coming. It took me 18 years to get in this shape and hopefully I'll be able to take the weight back off in 180 days... If it takes longer than that - so be it. I'm in it for the long haul.

Big Papa

Re:What have been your results so far?

Posted by denise - 2008/09/08 14:56

Hi

Started 12 days ago, so far have lost 5 lbs, 2 inches off my waist. I definitely have more energy than before. I'm in it for the long run so I'm trying not to weigh myself every day, which is torture! A lot less sore this week. I'm getting used to the routines and trying to push myself a little more every workout.

Denise

Re:What have been your results so far?

Posted by mrphil - 2008/09/08 16:09

Yeah I know it sucks when you step on a scale and it did not budge. But just keep at it. Don't weigh yourself right after the workout. Do it first thing the next morning. Your body is still turning and burning after the workout.

<http://www.healthstatus.com/calculate/bfb>

And for all you guys without the fancy scale that measure body fat, water, and does your dishes. This is a simple calculator that will get pretty close to your body fat.

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Re:What have been your results so far?

Posted by Coy G - 2008/09/08 18:46

Today was my first day in the recovery week of Phase I. I weighed in at 297.2 going in and the last time I stepped on the scale (which was about a week and a half ago) I tipped in at 190.2, All of my friends give me crap because my pants fall down all the time and they think I'm sagging my jeans lol. I've notice my arms go down in size but up in definition, my chest has slimmed down a little bit, my stomach has slimmed down a pretty good amount IMO, and my love handles are now slowly starting to go away. I've busted the diet and have skipped a day or two unfortunately, but I'd say I've been about 90% committed and have seen some impressive results.

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Re:What have been your results so far?

Posted by NoT2L8 - 2008/09/08 21:41

Coy G wrote:

Today was my first day in the recovery week of Phase I. I weighed in at 297.2 going in and the last time I stepped on the scale (which was about a week and a half ago) I tipped in at 190.2,

Wow, you lost 107 Lbs? :laugh: Yeah, your pants would definately fall down lol. I just finished week 3, lost 15Lbs so far. I'm going to do the first 3 weeks over again, now that I feel I have a handle on all the moves and can do them better. Well, most of them. Downward Dog to Runners Pose just aint happening yet, not without an assistant to haul my leg up front for me. So, another 3 weeks then on to phase 2. :laugh:

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Re:What have been your results so far?

Posted by Cheergirl - 2008/09/08 23:29

wow thats great to hear that all of you are having such great results! I have just finished the first day of the recovery week in phase 1. I am not weighing myself at all because I know I would become too obsessive over it.

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Re:What have been your results so far?

Posted by BigFoot - 2008/09/08 23:46

ive been on the program for 5 days now.I tested yesterday morning. I started with a BF% of 11.8%.Im at 11.4% and my waist is about .23 inches less around. I can see my upper 2 abs coming in and other stuff. pretty amazing for for 4 days. Ive also gained about 1.3 lbs. which could be added water weight from the creatine and extra fluid from the muscles repairing themselves after the workouts.

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Re:What have been your results so far?

Posted by Coy G - 2008/09/09 10:07

Haha oops! I meant that I started off at 197.2 and last time I weighed in I was 190.2. Sorry about that. As of this morning I feel that I'm around the 187-188 mark, but I believe I could have been down to around 185 if I hadn't given in to temptation a few times.

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