
What if you are more than a little overweight?

Posted by chad - 2008/08/29 18:25

Are people that are 60-70 lbs overweight going to be able to complete all the exercises?

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Re:What if you are more than a little overweight?

Posted by Kevin - 2008/08/29 22:24

Yep. I've been doing it for about 5 months now.

Kevin

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Re:What if you are more than a little overweight?

Posted by Les - 2008/08/30 08:12

you got yourself 60-70 reasons to start the program

it is an intense program that is designed for fit folks, the fitness test is suppose to let you know whether or not you can handle P90X, it is really up to you

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Re:What if you are more than a little overweight?

Posted by Big Papa - 2008/08/31 01:38

chad wrote:

Are people that are 60-70 lbs overweight going to be able to complete all the exercises?

I'm going to lose 100 lbs, and right now there are still some of the exercises that I can not complete. I'm pretty athletic for a 300 pounder, but there are some things I just can't do YET:

Leg Climber (from the ab ripper x)

Plough (from Yoga)

Jumping on one leg in the Plyo video sometimes takes a toll on my right knee, but I just take little breaks like Tony says to do.

There is no question that I can do more stuff now (after day 17) than I could on day 1.... Just push play; then do your best.

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Re:What if you are more than a little overweight?

Posted by Val - 2008/08/31 12:05

Big Papa really hit on a major key to this program, and it is something that Tony emphasizes in pretty much every video: "Do your best, and forget the rest!"

As Les pointed out, this program is intense and is designed for people who are already pretty fit. In order to keep up with the people in the video, you've got to be in really great shape, and if you aren't already in really great shape and you try to keep up with them you are GOING to hurt yourself!

But that doesn't mean you can't get a lot of benefit from doing the videos even if you aren't already in great shape! Just be sure to pace yourself and do what you can do. Know what your limits are, and push yourself, but don't overdo it.

It may take a couple of rounds of the system to get the final results you're after, rather than just one session of 90 days. But regardless, you're going to love the way it makes you feel, and you'll love the results!

