
What kind of weights do you use?

Posted by Ben48 - 2008/04/18 10:20

Ok, I have a question about weights. I currently have a set of 25lb adjustable weights. I know that's not going to be enough, but it'll get me started.

1. What kind of weights do you use, and why?
2. How much of a difference does it make if you change up an exercise? (on gaining muscle and losing weight)

Also, if you know of any sites that have good deals on weights, I'm all ears.

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Re:What kind of weights do you use?

Posted by Ben48 - 2008/04/18 10:22

Ok, this was supposed to post in the Exercise forum....odd, maybe I just fumbled a mouse click.

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Re:What kind of weights do you use?

Posted by Iskarp - 2008/04/18 10:26

I got a set of Reebok Speed pack dumbbells. They are cheap and switch fast. Problem though is that they only go from 5-25# in 5# increments. So for some sets, I have to do upwards of 20 reps to feel the burn now. I am more looking to tone up so I am OK with that. If you are looking to bulk up, you will need more. I got mine at GNC for like \$80 for the 2. They were on sale.

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Re:What kind of weights do you use?

Posted by P90X ADDICT - 2008/04/18 11:42

I use the Bowflex Selectech / 5 to 52.5 lbs. I started with these things, and love em, dial up weights quickly so you dont have to stop and pause tapes /DVD's.

I got mine off of ebay with the stand for like 300 including shipping and the stand. They are pretty pricey, but in my opinion well worth it. These are great for arm days, but you will quickly advance on back exercises and will probably need a set above 52.5 , hitting 60-80's.

I would look at resale sporting good shops, craigs list or ebay.

I dont wuite understand your question about changing up and exercise. You maybe talking about your rep count as it pertains to bulk/lean? If that is it, it really depends on what type of body you want. Do you want bulky muscle, or do you want a lean but smaller muscle look.

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Re:What kind of weights do you use?

Posted by Les - 2008/04/18 13:42

I use free weights.
I like the free weights as a matter of preference.

I do have some resistance bands but that I'll use when i'm traveling.

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Re:What kind of weights do you use?

Posted by Ben48 - 2008/04/18 16:31

P90X ADDICT wrote:

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What I mean when I say "changing things up" is like if you were to add an extra thing into your current exercise, say for instance you do a pull up, and you change it up to do wide grip, close grip, etc, instead of just normal. That's just an example, so if it's in the program, don't go yellin at me :) Will adding a little something into your exercise help you or hurt you? I know some will help, and others hurt, but I'd like to know what each person has experienced if they have changed things up.

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Re:What kind of weights do you use?

Posted by P90X ADDICT - 2008/04/18 17:00

Ben48 wrote:

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No one is gonna yell at ya...actually, on your back days, the changes are made for you. You will do two sets of every exercise for back including wide grip, close grip, overhand, reverse grip, corn cobs, one hand towel, etc..and you go to failure on each, so I dont know if adding any is actually gonna help, probably won't have much gas left in the tank.

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Re:What kind of weights do you use?

Posted by Les - 2008/04/18 19:40

I don't change anything because there's

I haven't felt the need to change things up. mainly because I'm not experienced to pick alternative move, and also because I'd like to say I got my certificate of completion by completing the curriculum

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