
X-tra workouts

Posted by Steph B - 2008/04/29 14:30

Anyone---

Does anyone do any extra workouts on top of the P90X?
Like elliptical, treadmill?

I was just curious to know if anyone does anything else:cheer:

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Re:X-tra workouts

Posted by Steph B - 2008/05/01 10:36

HELLLLOOOO?
ANYONE ON THIS ONE???

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Re:X-tra workouts

Posted by Cafitz - 2008/05/01 12:33

I teach 2 classes, back-to-back on Saturday mornings. One is an hour long weight/barbell class, and the other is a half hour Butts & Gutts class. The only problem with these extra classes is usually Friday nights is my Legs/Back workout which I do about 9:00 at night, and then my weight/barbell class is at 8:30 the very next morning. I find the squat and lunge tracks are a little more difficult after just working the legs the night before.

Funny story about my first week of P90X. Not only did I have to teach my regular classes on Saturday morning, but one of the instructors got sick and I had to fill in 3 extra classes that week, in addition to the P90X workout. Then I got a knotted muscle in my shoulder/back area that was more of an inconvenience than an injury. I didn't want to wait another week to start P90X, so I just pushed my way through it. Needless to say it was a tough first week!

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Re:X-tra workouts

Posted by kenny - 2008/05/01 13:17

I've went out and swim a couple of times but that's about it. I actually replaced swimming with Plyo because my knees are shot.

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Re:X-tra workouts

Posted by Les - 2008/05/01 13:18

I did some cycling, treadmill, elliptical during my P90X

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Re:X-tra workouts

Posted by Steph B - 2008/05/01 13:32

Les wrote:
I did some cycling, treadmill, elliptical during my P90X

DID it help you think?

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Re:X-tra workouts

Posted by kenny - 2008/05/01 13:34

Steph,

I really don't think you need to do more then what is giving. You could however do doubles.

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Re:X-tra workouts

Posted by aaviles9 - 2008/05/11 05:52

So on this same note, I am curious about doing workouts above and beyond the P90X program. I am a fitness instructor and teach 5X a week. I teach spinning and then a weight training class directly after that Monday, Wednesday and Friday. Tuesday and Thursday I teach spinning only. I do nothing on the weekends. These classes are not 'my' workouts, I am merely the facilitator, so I do not get the same benefit as the members that take my classes. This is why I think I will enjoy trying the P90X regime b/c the last place I want to go is the gym when I just spent 3 hours there in the morning (plus my kids want to get out of the childcare). So, this long winded question is do you feel that it is manageable to do an extra hour of cardio on top of the workouts I will be doing?

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Re:X-tra workouts

Posted by kenny - 2008/05/11 09:56

If you are a fitness instructor, I don't see you teaching and doing the P90x as a problem. You just need to listen to your body and see how it reacts.

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Re:X-tra workouts

Posted by Les - 2008/05/11 10:40

Steph B wrote:

Les wrote:

I did some cycling, treadmill, elliptical during my P90X

DID it help you think?

yes it helped, by burning more calories, that's basically what I was after

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Re:X-tra workouts

Posted by Joey West - 2008/05/16 23:01

That is a great questions about extra workouts...I am on week 2 and have added extra cardo(Bike and Run 40 minutes before lifting days) and can see and feel the results already. Someday's really need to push thru it..

I have also added Ab Ripper at the end of my NIKE AAU Travel Basketball Team (Top Elite Players-Juniors in High School)workouts 2x's a week-players love it. I can't get thru the full workout-so no I dont think I am over doing it to on abs (I know Tony "says you cant work a muscle everyday!)

My question to everyone is: Has anyone added weight lifting into there program? Like Tri"s days...I will add some lifting with 90 lbs overheads and superset skull crushers or back add some machine work at gym? Anyone else?

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