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## Ready to BRING IT!

Posted by BlueVisitant - 2008/09/24 02:09

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Well, here it goes, Im 30 in arizona and should be in the prime of my life right? My friend calls me and says he saw an infomercial for p90x and he wanted to buy it, I say to him...Dude I bought that like 2 years ago and its been under my bed the whole time. So we decide to crack it open and start it up. Our ladies even are joining us and its been good times so far busting each others balls on our unofficial first week. I have before photos but I think Ill hold them until my first month is up. Im glad to have found this forum and hope I can get a bit of support and motivation here. Cross your fingers and say a small prayer for us!

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## Re:Ready to BRING IT!

Posted by Big Papa - 2008/09/24 08:52

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Welcome to the madness. Good luck on your journey.  
Big Papa

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## Re:Ready to BRING IT!

Posted by savtime - 2008/09/24 14:27

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Hey welcome to the crew! I live in Scottsdale myself - glad to see another AZer on the boards.

Good luck with the program and you can get plent of advice here. just remember first month is hardest to get through.

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## Re:Ready to BRING IT!

Posted by fish817 - 2008/09/24 17:26

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hey, im a newbie myself. also in az only im in bullhead city. hottest place on the planet but the hospital pays good.  
welcome aboard

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## Re:Ready to BRING IT!

Posted by No1up - 2008/09/25 02:48

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Shame on you for hiding that nugget of gold under your bed. :)

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## Re:Ready to BRING IT!

Posted by BlueVisitant - 2008/09/26 16:49

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ok, sticking with it and all is golden so far except a few things...Realisticaly,there is no way for me to make all the differnet meals, my girl doesnt like fish and I cant afford swordfish,etc often. Anyone got any tips on substitutes? Also, I dont have room for a power tower and do not want to drill holes in my door way for a pullup bar not to mention how do my girl and I both do oursets with tony at the same time with only 1 doorway? Any help is appreciatted and thanks for the welcome everyone!

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## Re:Ready to BRING IT!

Posted by CuseKitten - 2008/09/29 09:56

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My boyfriend and I are just starting our 2nd week on P90X. We bought the pull up bar from P90X and it just hooks right on the door frame...we can put it up and take it down whenever. As for the two of you working out at the same time, what we do is he will do the pull ups on the bar and then we pause the dvd and I will hook one of the bands over the pull up bar handle and do mine kneeling on the ground. Don't know if you got the bands with yours but hope that helps!

~Heather

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## Re:Ready to BRING IT!

Posted by Namaste - 2008/09/29 19:32

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Another Arizonan here. I'm up in Flag.

I don't follow the diet plan so unfortunately I have no advice on substitutes for fish. I just try to be sensible with my meals and I do use a recovery drink after workouts.

I agree with Cusekitten however with regards to a pull up bar. I purchased one that hooks over the door trim and it works great. No holes to drill. The only issue I see is that when I take it down it leaves two black marks where the foam rests on the trim. I can simply use touch up paint when I take it down and sell the house someday.

Also, pausing the dvd to allow time for both you and your lady to work out on the bar sounds sensible enough. Gives you the added bonus of a little more time to rest between sets as well.

I'm in my third go around with P90X so the bar has some mileage on it.

Keep pushing play.

You will be amazed at the results when you stick with it.

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## Re:Ready to BRING IT!

Posted by BlueVisitant - 2008/10/04 23:20

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ok, so first of all, thanks for all the great ideas. My girl ordered some sort of attachments for the resist. bands, we connect them to the top of our doors and can both do variations of the pull up moves. I'm thinking maybe I'll prime myself with that and then at month 2 I'll go buy one of the pull up bars from sports authority. Does anyone by chance make their own recovery drink? I'm taking glutamine and arginine in pill form and taking a low carb protein drink with creatine added. This ok or is there anything else I'm missing from the ingredients of the 90x shake...???) Take care all!!!

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## Re:Ready to BRING IT!

Posted by Veerukka - 2008/10/06 10:10

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I have my own recovery "drink". I have a low-carb egg white protein drink into which I toss in 1/8 tsp of creatine, then have 2 pieces of whole grain spelt toast with some fruit-only jam to get in the carbs.

I would recommend getting the pullup bar right away, because you will make bigger gains doing BOTH pullups/assisted pullups and using bands.

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