
Starting P90X tomorrow

Posted by chub*rock - 2008/05/11 19:58

What's up everyone! I am starting P90X tomorrow. I'm really excited. I am going to do the classic and if I have the energy throw in some doubles. I passed the fitness test (sadly besides the pull ups) no problem and have worked out for years. Actually, I was trainer for many years with a B.S. in exercise science. Then I went back to school and now I am a physical therapist.

Just looking for something new to do! This is the first time I have been excited about working out in a while...sick of doing the same ol' same ol'. I tried Kempo and the chest/back dvd this weekend. It was really good! My goal is to get more tone and be able to do pull up! Tomorrow is my official start and I plan to follow the diet as well.

Can't wait to see how it goes... :silly: :silly:

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Re:Starting P90X tomorrow

Posted by Les - 2008/05/12 08:35

Welcome

you're just a week behind a class that started last week with me included so we will have the same schedule. don't forget to keep a log in the daily log section. It works for me as it keep me accountable.

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