
starting p90x

Posted by chrisinfinity - 2008/04/17 21:27

here are my pre p90x pics i weigh 145 i bench 215 and im 15 years old im 5 foot 3 asian by the way

=====

Re:starting p90x

Posted by chrisinfinity - 2008/04/17 21:28

<http://i40.photobucket.com/albums/e228/chrisinfinity/chris9.jpg>

<http://i40.photobucket.com/albums/e228/chrisinfinity/chris.jpg>

<http://i40.photobucket.com/albums/e228/chrisinfinity/chris0.jpg>

=====

Re:starting p90x

Posted by chrisinfinity - 2008/04/17 21:29

<http://i40.photobucket.com/albums/e228/chrisinfinity/chris3-1.jpg>

<http://i40.photobucket.com/albums/e228/chrisinfinity/chris2-1.jpg>

<http://i40.photobucket.com/albums/e228/chrisinfinity/chris1-1.jpg>

=====

Re:starting p90x

Posted by chrisinfinity - 2008/04/17 21:30

god dam sorry guys for making so many post i didnt no how to put them sorry again

=====

Re:starting p90x

Posted by TiamatFix - 2008/04/17 23:20

Looks like you wrestle or play foot ball, if you don't you should. And is that a one rep or two rep max? Well, I'll tell you now do doubles, your body looks ready for it. I think your gonna get the most benefit from the cardio part of P90X(Core Syn, Plyo and Kenpo X) being you seem to have the raw lifting power already. Lets see some splits and pure speed! I'm looking forward to your future post. And seriously, if your not doing wrestling or football already, do it!

=====

Re:starting p90x

Posted by Les - 2008/04/18 19:54

and these are your Pre P90x?

I hope you play some kind of sport beside bodybuilding because you'll have more than enough energy

=====

Re:starting p90x

Posted by chrisinfinity - 2008/04/18 20:57

thanks for the comments guys and no im not a big fan of football or wrestling but i do enjoy playing basketball but i really stink. Do you think i will get ripped in 90 days? and also do you think my hops will improve because i cant jump very high. Also i have a question about the workout. How come theres no cardio? im thinking about subbing in cardio for yoga if thats cool and these workouts are intense, i cant do doubles lol it will kill me

=====

Re:starting p90x

Posted by TiamatFix - 2008/04/18 21:31

How come theres no cardio?

Ha ha ha ha.... ya... I really laughed when I read that. Ok dude here is the deal for the first week of phase one :P

Day 1 Chest and Back

If you can keep the pace these guys move at your gonna breath heavy, specially if your not used to this kind of fast paced curcuit training.

Day 2 Plyometrics

Okay man, this work out beats the hell out of Cardio X. This is its mean older brother. Your gonna get more than your fair share of cardio from this bad boy, ask anyone on this forum. And those hops you've been asking for? This is where you will find them.

Day 3 Arms and Shoulders

Once again, fast paces shoulder and arm work outs. Not as much breathing as chest and back due to the smaller muscle groups, but your still gonna burn up the calories.

Day 4 Yoga

Okay, I was in the same boat as you. Yoga wasn't for me, its too mellow, its too slow. Ya its slow and its mellow. But boy does it burn like a mother! Your gonna sweat your but off and hit muscles you didn't realize you had! This kind of slow moving muscle burning exercise is going to give you the flexibility to work out muscles you previously couldn't get to, to work out in the first place. Don't sub this dvd out.

Day 5 Legs and Back

Once again, large muscle groups require larger amount of blood flow and more oxygen, your heart rate is gonna rise and your gonna feel those calories buring away.

Day 6 Kenpo X

You said you don't do any sports? But you got all those muscles on your body? Now lets see if they can do anything other than lifting weights. From what you've said it doesn't sound like you have much practical strength. You have the potential but you need to teach those muscles how to do more than pump iron. And your gonna learn how to do that through Kenpo X.

Don't mean to sound like I'm lecturing you, but I did Systematics 3 year in high school and I could out jump, out run and take the buff kids down to the ground in a wrestling match like they where nothing. You need the cordination and flexibility to make any of that strength you have practical.

Strength, Balance and Flexibility. You lack one of these and the rest fail. Looking forward to your future post and P90X journey, you won't regret it!

=====

Re:starting p90x

Posted by chrisinfinity - 2008/04/18 21:36

TiamatFix wrote:

How come theres no cardio?

Ha ha ha ha.... ya... I really laughed when I read that. Ok dude here is the deal for the first week of phase one :P

Day 1 Chest and Back

If you can keep the pace these guys move at your gonna breath heavy, specially if your not used to this kind of fast paced

curcuit training.

Day 2 Plyometrics

Okay man, this work out beats the hell out of Cardio X. This is its mean older brother. Your gunna get more than your fair share of cardio from this bad boy, ask anyone on this forum. And those hops you've been asking for? This is where you will find them.

Day 3 Arms and Shoulders

Once again, fast paces shoulder and arm work outs. Not as much breathing as chest and back due to the smaller muscle groups, but your still gunna burn up the calories.

Day 4 Yoga

Okay, I was in the same boat as you. Yoga wasn't for me, its too mellow, its too slow. Ya its slow and its mellow. But boy does it burn like a mother! Your gunna sweat your but off and hit muscles you didn't realize you had! This kind of slow moving muscle burning exercise is going to give you the flexibility to work out muscles you previously couldn't get to, to work out in the first place. Don't sub this dvd out.

Day 5 Legs and Back

Once again, large muscle groups require larger amount of blood flow and more oxygen, your heart rate is gunna rise and your gunna feel those calories buring away.

Day 6 Kenpo X

You said you don't do any sports? But you got all those muscles on your body? Now lets see if they can do anything other than lifting weights. From what you've said it doesn't sound like you have much practical strength. You have the potential but you need to teach those muscles how to do more than pump iron. And your gunna learn how to do that through Kenpo X.

Don't mean to sound like I'm lecturing you, but I did Systomatics 3 year in high school and I could out jump, out run and take the buff kids down to the ground in a wrestling match like they where nothing. You need the cordination and flexibility to make any of that strength you have practical.

Strength, Balance and Flexibility. You lack one of these and the rest fail. Looking forward to your future post and P90X journey, you won't regret it!

thanks man!! the beest info ever the only thing is i cant do yoga because my parents wont allow it since its religious and they said no way so its off from my chart, i might sub it in for cardio or x stretch what do you recommend also is ab ripper suppose to help your legs too?

Re:starting p90x

Posted by Les - 2008/04/19 12:57

you'll have Plyo and Kenpo for your cardiovascular workout, you can use X stretch as a replacement to will keep you flexible.

Ab ripper is a core/abs workout it doesn't help your legs but the legs workout is enough imo.

I can't say if p90x will get you ripped, but by eating well and being discipline in your workout you'll improve your chances

Re:starting p90x

Posted by P90X ADDICT - 2008/04/19 13:03

chrisinfinity wrote:

thanks man!! the beest info ever the only thing is i cant do yoga because my parents wont allow it since its religious and they said no way so its off from my chart, i might sub it in for cardio or x stretch what do you recommend also is ab ripper suppose to help your legs too?

Yoga X is not religious, has nothing to do with religion, and in fact that point is addressed in the video. Have your parents watch the video first and then let them decide. Trust me, this will be one of the hardest workouts of your life, and

it is one not to miss.

=====

Re:starting p90x

Posted by chrisinfinity - 2008/07/19 01:36

heres day 50 i think? i slacked off a lot i think i missed 7 days and i only did ab ripper for 4 days. but i wont slack off from now on here are my pics

<http://i40.photobucket.com/albums/e228/chrisinfinity/P1000686-1.jpg>

<http://i40.photobucket.com/albums/e228/chrisinfinity/P1000691-1.jpg>

<http://i40.photobucket.com/albums/e228/chrisinfinity/P1000685-1.jpg>

<http://i40.photobucket.com/albums/e228/chrisinfinity/P1000684-1.jpg>

<http://i40.photobucket.com/albums/e228/chrisinfinity/P1000683-1.jpg>

=====