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## P-90X without the chinup bar??

Posted by Ben48 - 2008/04/16 08:05

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I'm really interested in starting the P90X program, but I don't have a chin-up bar. Is it possible to do this program without one? (Kinda low on cash, that's why I'm asking, otherwise I'd buy one.) Thanks much

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## Re:P-90X without the chinup bar??

Posted by Iskarp - 2008/04/16 08:21

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You can use bands, but it is nowhere as effective as the chin up bar. There is no cheating on pulling your own weight over the bar for sure!

Just about half of the workouts use the bar or an alternative band move so one or the other is all but required.

You can get them on e-bay as a package with the DVD's for like an extra \$40. I would recommend saving up for the extra week or so and do it right. You can do some preparation in the meantime by cleaning up the diet if you need to and doing some cardio, pushups and pullups at the park.

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## Re:P-90X without the chinup bar??

Posted by Ben48 - 2008/04/16 08:27

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Cool, didn't know that I could use bands, I have some of those, but I will probably wait a little while until I can afford to get the whole package and do it right, as you said. I can't wait to get started though, I'm so pumped about it.

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## Re:P-90X without the chinup bar??

Posted by Iskarp - 2008/04/16 09:05

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You won't regret it!!! Awesome program!! You will see from the many comments that this is a great place to find encouragement and get real answers to your questions.

Good luck!!

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## Re:P-90X without the chinup bar??

Posted by TiamatFix - 2008/04/16 13:01

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If you do it with the bands, remember to use the heaviest ones you have and pause the dvd! I did my first week without a pull up bar and doing it right with bands and maximum reps will takes some time. MAX REPS!! I can only do 3 or 4 pull ups max but when I use the heavy heavy bands I bust out like 30-40.

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## Re:P-90X without the chinup bar??

Posted by Ben48 - 2008/04/16 16:10

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Sounds like an idea, if I can't afford it in a few weeks, I may end up doing that. But, I'm pretty good with collecting money for working out purposes. :)

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## Re:P-90X without the chinup bar??

Posted by discoV - 2008/04/16 16:23

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I got my chin-up bar at walmart for about \$10 dollars

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### Re:P-90X without the chinup bar??

Posted by mohms - 2008/04/16 20:19

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I had a cheap chin up bar from wal-mart too. IT SUCKED! It was the one you screw into the door jambs. I hit my elbows on the jambs all the time and it hurt like hell. I used it to hang the bands over and that didn't work that well either. It is hard to max out with bands like Tiamat said.

My wife still uses the bands but she cant hardly do a pull-up with a chair, so the bands work well for her. By the way, I got our bands at Target. The 3 band type. I broke the "Golds Gym" bands from walmart the first time I used them. Cheap stuff.

Anyways, I would REALLY NOT recommend getting the cheap one from wal-mart. Save your money and put it towards the P90X bar. I got mine on eBay for under \$60 shipped.

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### Re:P-90X without the chinup bar??

Posted by Les - 2008/04/16 22:59

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use the bands doing Max reps for now , but get a bar ASAP

I got a telescopic one that you screw in the door at Dicks for \$20, but I haven't used it much because i workout at the gym but when I workout in my home gym it does the job.

but for now it holds my shirt needed to be ironed.

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### Re:P-90X without the chinup bar??

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

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Lol nice les.

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