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## Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/05/23 15:58

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Hello everyone. My name is Darlina and I just wanted to share my journey with hip hop abs with everyone. To start I am 23 years old. I go to college for accounting and am a single mother of a 3 year old boy. My weight problems started when I got pregnant with Kaileb. I was maybe 10lb over weight pre pregnancy I had room for improvement but since the day I came home from the hospital with him I was 200lbs on a short 5'3 body. I am apple shaped body so I am at risk for all the fun things like heart disease and diabetes nothing to joke about considering one grandmother had diabetes and heart attacks and died about 3 years ago and my other I never met because she died in a sugar coma with diabetes as well. To share a little about what I have tried in the past. E diets was my first attempt after Kaileb's first birthday I had a wake up call and lost 30lbs over the summer but when the winter came it all came back plus some. So the following year I did it again and this time for my brothers wedding I was a brides maid and the biggest one to top it off I was in a 22 when the others were size 10, 6 and 4.! I was devastated I actually came home and cried. However when I went back and dropped to a 14 I was in my glory. It all came back again! So I stopped e diets and bought hip hop abs on April 27th 2008. So here are some measurements on day 1:

weight: 189  
chest: 43.5  
belly button: 44  
hips: 44  
arm r: 12.25  
arm l: 12.75  
l thigh: 23.5  
r thigh: 23.5

At the end of the week I will be on week 4 and will re measure and post the results.

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/05/25 05:57

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ok so yesterday I decided to incorporate biking in to my routine. Wow that was a work out I went riding on the tracks 2 miles and my legs were like rubber and burning off when I got back. However I feel accomplished I have no been on a bike in a long time and its true you never forget. Today I will be doing Cardio Blast and ab sculpt. New measurements and 30 days pics come on tues.! I am excited to see the change on the pics.

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## Re:Darlina\'s Hip Hop ab journey

Posted by Les - 2008/05/25 06:33

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Good job

find ways to be motivated

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/05/27 23:14

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So today was a disappointing one with the weigh in. My start weight was 189 and now its 184 in 4 weeks. Kind of brings me down. however the inches are really showing 18inches all around the body mostly in my belly button area and waist and hips. the tape shows it but my clothes dont its weird. Well I still did cardio today and as many times as I do it I still sweat my butt off I have read that you need to switch it up and stuff to keep your body surprised but when I learn how to do the routine and concentrate and really give 100 percent i sweat like crazy every time.

Keep on truckin I guess

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## Re:Darlina\'s Hip Hop ab journey

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Posted by glenn - 2008/05/29 09:49

You should not be disappointed. Losing 1 pound a week is actually pretty good especially in the first month because you are hopefully packing on muscle mass.

Hang in there!

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## Re:Darlina's Hip Hop ab journey

Posted by Les - 2008/05/29 17:26

darlina23 wrote:

So today was a disappointing one with the weigh in. My start weight was 189 and now its 184 in 4 weeks. Kind of brings me down. however the inches are really showing 18inches all around the body mostly in my belly button area and waist and hips. the tape shows it but my clothes dont its weird. Well I still did cardio today and as many times as I do it I still sweat my butt off I have read that you need to switch it up and stuff to keep your body surprised but when I learn how to do the routine and concentrate and really give 100 percent i sweat like crazy every time.

Keep on truckin I guess

Sweating is good it shows that you're working at high intensity and you're burning calories. you should check your heart rate monitor.

it's important to switch your routines otherwise your muscles will be accustomed to the exercises and will adapt to the moves thus negating the effectiveness.

this is a bad analogy but of the top here I go.it's like when you go to pick up something that seems heavy for the first time like say a box, you will brace yourself to pick it up by engaging every muscles possible as you anticipate a heavy weight. So you will use your legs and back and arms, but if you start picking up that same box everyday you'll find ways to do it without using so many muscles, so pretty soon you will just bend over and pick it up.

if you keep doing the same cardio exercise in about a month your body will have them memorized

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## Re:Darlina's Hip Hop ab journey

Posted by Football\_fanatic - 2008/07/07 01:37

Dont worry that you havent lost a lot of weight in a month in fact, your probably gaining muscle as well. Keep Going and Just Like Les Says

in about a month ur body will be mesmorized

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## Re:Darlina's Hip Hop ab journey

Posted by darlina23 - 2008/07/15 23:56

Okay everyone I have fell off the wagon and am now starting from point A I hung up my schedule where I see it when I get up and I started at Day 1 yesterday and am totally committed to eating right and following this 1 month schedule to the T! I went to my boyfriend's brothers wedding this past weekend and was so sick of the pictures of me I look pregnant still and when I look in the mirror I see changes but like I said I was not totally committed and being fair so now work outs in the morning so no excuses why I didnt fit it in or anything and I am hoping to see some serious results.

Darlina

new start weight 179

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## Re:Darlina's Hip Hop ab journey

Posted by Football\_fanatic - 2008/07/16 14:00

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Thats alright, some of us need to fall a few times before we get it right lol. You being committed will bring you better results, so keep charging for the goal!

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## Re:Darlina\'s Hip Hop ab journey

Posted by Les - 2008/07/17 09:42

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Good Luck.

utilize your lessons learned to make it better this time, and make it fun

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## Re:Darlina\'s Hip Hop ab journey

Posted by glenn - 2008/07/19 08:54

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Keep posting a daily log and you will find this helps as it provides a level of motivation via peer pressure to stay on track!

Good luck and don't give up!

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/07/20 15:08

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Hello all. Okay for week one I missed 2 days of work out but did other things to replace not being able to do the dvd. I set my alarm for 8am to wake up before my son and do it but he beat me twice this week. I weighed in today and a happy 2lbs have come off! and that was with missing 2 days! I was extremely happy. I am doing my own version of the 6 day slim down with the food mainly because I cant afford to buy the foods they have me eating so I am doing low carb high protein for these 6 days. Tomorrow I am starting week 2 with my Cardio but then it gets harder because the following day is cardio and ab sculpt and I dont know if they are ment to be done at the same time right together or could I do one in the morning and one in the evening?? The reason I dont post so much is because I see not many people respond they just view so it takes a long time with dial up to get on line as it is.

Wish me luck this week and I consider this past week very successful!

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/07/22 07:43

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Okay day 2 of my second week and I am up extremely early to get my work out in since I have to do 2 today. Yesterday was very successful I did cardio dvd and then mowed my lawn for 2 hours which burned major calories I was dripping sweat all day. I can really see some changes happening here I need to keep up the momentum if I was to be hitting my prebaby weight by sept. 1st when I go back to school. which is 167 right now I am at 176 and I have 6 weeks so I think that is realistic.

Come hip hop ab people I need some support on here no one else does it?

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/07/22 21:23

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Okay today is Day 2 week 2 and I successfully completed both work outs scheduled ab sculpt this morning followed by cardio tonight at 7pm. Man can I feel my obliques he definitely knows how to work out that mid section. I also got about a

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30 min walk in bringing my son walking looking for blackberries which was enjoyable. I told my boyfriend that he will need to watch my son at night outside so we have no excuses why we didnt get the work out done. My eating is going great too. Well tomorrow will be another ab and cardio day I cannot wait until sunday when I weigh in again!

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## Re:Darlina\'s Hip Hop ab journey

Posted by kandiapplred - 2008/07/23 15:31

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Hi Darlina,

My name is kandiapplred and I am starting hip hop abs today. I would love to partner up with you if you dont mind...maybe it will motivate me. I did it a few weeks ago and lost 3 inches around my waist in five day...

I am currently on weight watchers and I am starting hip hop abs today (Tuesday - Saturday)...will start on Monday next week.

I will list my stats when I get home this evening.

Kandiapplred

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## Re:Darlina\'s Hip Hop ab journey

Posted by glenn - 2008/07/23 16:55

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Welcome aboard! As I asked the P90x folks. Please make your own message thread that serves as your diary where others can respond. It is easier then if everyone piles on Darlina's log/diary. Thanks!:woohoo:

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## Re:Darlina\'s Hip Hop ab journey

Posted by Les - 2008/07/25 04:49

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Way to go Darlina

Keep it up

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/01 00:07

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Yesterday and today I got some work outs in the total body burn was yesterday and I did it with weights and yes it is a total body burn they arent kidding! today I did cardio but not the hips buns and thighs I find it hard to fit in both work outs because my son takes up alot of my day and stays up late so I cant even do it when he goes to bed. I try to beat him in the morning waking up and some times it works but I cant do both work outs together so I am a little frustrated but I am getting atleast one in. only 4 weeks to lose 10 lbs not looking so realistic anymore last weigh in was 176. ok so 9 lbs in 4 weeks maybe I will make it if I can figure something out to get both work outs in and my diets been really going well. I know once I start doing the body burn a few times a week it will show I took measurements of my thighs and went from 22 to 19 1/2 but the thing is I need it off my upper body my legs are relatively small.

tomorrow I will make up the hips buns and thighs and try to figure something out.

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/01 15:53

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August 1st! okay I have 4 weeks to lose this weight to hit my short term goal. Today I did 2 hours of cardio ( mowing my

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lawn sweating like crazy) then I did ab sculpt at 3pm. So from today on I need to kick it up I think I will add a walk in everyday as well.

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/05 07:31

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Okay so I am starting the whole schedule yet again. For some reason I cant make it through the whole thing doing it everyday and the way it should be done. I am also going to walk 2 miles every night because thats what I used to do just walk and weights and I always lost my 1 to 2 lbs a week and for some reason I was more committed to walking so I figure I will do that too maybe that will loosen my muscles up before my work outs. My eating is going fine I am not gaining I am just not losing.

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## Re:Darlina\'s Hip Hop ab journey

Posted by kandiapplred - 2008/08/05 10:07

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Darlina,

I tried typing a reply on yesterday but the computer would freeze everytime I pushed reply.

I have been very bad! Blew my diet out of proportion over the weekend. So, I have switched my diet to low carb. I started on yesterday and I am doing very well so far.

I have not worked out since last Thursday but I have been walking a lot so at least this was some type of exercise.

I am going to double up of Hip Hop Abs today and finish off the rest of week. My Goal is to loose a few pounds this week. I will weigh in Sunday and let you now my stats.

I am also drinking plenty of water...more than usual..I am keeping a water bottle within reach.

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/06 08:54

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Okay so last night at 11pm I did my cardio and I think I may start doing it at night because I slept great and seemed like the work out was more efficient I had more energy to do it than I do in the morning I half a\$\$ it in the morning some times. I also got some walking in last night and took a sneak peak on the scale and it read 175.4 so I am hoping for a real good weigh in on Sunday if I keep it strong and go everyday.

Kandi common girl think of it this way you spent all that money to do it so pop it in and press play the results will come when your consistent I know I need to stay strong these next 4 weeks if I want to hit my short term goal and I do. I really think that walking as well even 30 minutes will really help when I did e diets all I did was walk everyday for 30 minutes at a fast pace and lost 1 to 2 lbs every week here I have not been consistent enough to see fast results like that.

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/07 02:23

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Okay so today I moved like crazy started the morning off cleaning and hanging laundry out then did cardio around 2pm and mowed the lawn for hours then did ab sculpt at night so I got my 2 work outs in. I recruited my brother girlfriend to do this with me while she is up here staying at my moms with him. I told her how great it is even if your not doing it right and your sweating like crazy then something is happening so just move! My body feels it now its 2am and Kaileb just woke up so I figured I would jump on here and show what a wonderful day I had!

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/09 00:14

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okay so yesterday was my rest day. so I am on day 4 and I have been sticking with it tonight I did it at 11:30 pm I actually like doing the night work outs when Kaileb is sleeping. so this time around I am sticking to the schedule and my eating habits are really good so come sunday I think my results will be atleast 2lbs down. we will see

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/10 07:50

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okay so today is sunday and I stepped on the scale to be so disappointed! 177.6 it read that means I put on 2lbs. I dont know what is going on here but something has to change considering we are in the 2nd week of august. Maybe I need to keep better track of calories or start the walking I have been talking about. my son kept me up all night so maybe the lack of sleep has something to do with it. I will check tomorrow morning to confirm this 2 lb gain.

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/10 16:09

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okay so I found my pics and wanted to put some on here so you can see my progress please comment cuz I dont see that much change! This is Apr. 08 I will have to put one pic in each message [http://www.weightloss-hq.biz/images/fbfiles/images/100\\_1123.jpg](http://www.weightloss-hq.biz/images/fbfiles/images/100_1123.jpg)

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/10 16:15

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this one today [http://www.weightloss-hq.biz/images/fbfiles/images/me\\_08\\_08.jpg](http://www.weightloss-hq.biz/images/fbfiles/images/me_08_08.jpg)

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/10 16:33

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okay so that didnt work so now I am attempting to use my profile thing and upload todays pic its in my bra but gotta show where the work is needed, I got my cardio done so I completed the week one successfully again, so if we are going to do a point system the I would give myself 1 point for work out and 1 for water and 0 for food I went a little overboard with a small slice of chocolate pudding cake and a HUGE like 3 serving potato it was here so I ate it even though I am not big on sweets everyone else was having it.

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## Re:Darlina\'s Hip Hop ab journey

Posted by glenn - 2008/08/10 16:37

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Looks like the link you are putting is the wrong one, is this from your profile gallery? doesnt look like it, try using that:

<http://www.weightloss-hq.biz/your-profile-details/darlina23.html>

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/11 07:38

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Okay so I got on the scale this morning for the official weigh in and found out I didnt actually gain 2 lbs. I kept my 175.4 which still no loss. However my mom who is doing it with me steadily lost 2lbs which discourages me! here is one more attempt at my new pic I tried it the way you said and it didnt work either its to big that way. but before I do that from now on I am keeping my food diary on here as well I think I am eating more than I think, [http://www.weightloss-hq.biz/images/fbfiles/images/me\\_08.jpg](http://www.weightloss-hq.biz/images/fbfiles/images/me_08.jpg)

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### Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/11 07:50

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ok last try cuz this is taking up to much posts--- it didnt work! I give up I guess its to big even after I made it smaller. I dont know how else to do it.

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### Re:Darlina\'s Hip Hop ab journey

Posted by glenn - 2008/08/11 09:06

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If you hover your mouse over over the BROWSE button for uploading an image it tells you max width (499), height (499) and size (100 Kb).

Is the image you are trying to upload that size or smaller?

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### Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/11 21:52

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ok so I got it to work so feel free to comment on it! the thing was it was 109 kb and not 100. So today went awesome kept my food diary and got both cardio and ab sculpt done together and a 20 min walk. I am tired but felt great to be able to get both done at once. so I would say 1 point eating 1 point water and 2 points exercise for a total of 4 points today! Great start for week 2. Where is all my buddies here? I see two newbies and never see any responses

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### Re:Darlina\'s Hip Hop ab journey

Posted by kandiapplred - 2008/08/12 12:58

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Hi Darlina, sorry I have not posted but my baby turned 2 this weekend and it was a very busy weekend. And I am so proud of myself because I did not eat any cake!!!

You pictures are very very encouraging...OMG your mid section has gone done a lot!! I cant wait to see these results!

Keep it up girl!

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### Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/12 22:27

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thanks kandi that means alot cuz I cant really tell I dont know if it is my perception or what. Well today I got 1 point food 1 water and 2 for exercise. I did both cardio and ab sculpt as well as walking today. I have a good feeling I will finally break my 175 plateau I cant get below it at all. Well we will see this week I have 2 more double work out days and 2 single work out days. My rest day will be friday.

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## Re:Darlina's Hip Hop ab journey

Posted by darlina23 - 2008/08/13 07:25

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Good morning all. I think I figured something out here on this tilt tuck and tighten when he says tighten I tried this yesterday and I feel it alot more today what I do is try to suck in my stomach as much as I can and still be able to breath :) I did that through both my work outs yesterday and I feel it alot more than I ever did. So today is another day of 2 work outs. I am switching up week 2 its supposed to be cardio on day 1 then days 2 and 3 cardio and ab sculpt then ab sculpt and 2 days of both I am doing 4 days of 2 work outs then cardio on sat and ab sculpt on sunday. with friday off. I dont think I am breaking this 175 I think I need to keep off the scale all week but I am so obsessed with it I will get on it 3 times a day! I need to hide it for 2 weeks and just do what I have planned then jump on it. Well I just jumped on it now and I BROKE MY 175!!!!!! on to 174.6 but 175 is so out of here I am jumping for joy in my mind. When I see results that makes me want to push forward. That is a total of 18 lbs lost so far. My original weight was between 189-192 less than 7lbs to go to prepregnancy weight and 18 days to get as much off as possible. I wont be crushed if I dont get into the 160's only because I see that I am a work in progress the true challenge is going to be when classes start up and winter sets in thats when I gain it all back I have for the last 2 years straight. thats why I bought hha's so I could do it in the winter inside no excuses.

This week I have been bring Kaileb to the park and walking everyday too I think that is helping. I like to walk and I think I get better lb loss results I dont know why but the last 2 years I used to walk every day religiously and I would lose atleast 1 lb a week every week this hha fluctuates.

Well I actually got to sleep all night last night so at 7:22 am I am very talkative and energized :woohoo: especially seeing I am not 175 anymore.

Come on girls we need some communication here we need to recruit more Hip hop ab'ers I know when I was on the hha site I seen some great before and after photo's of people that totally amazed me and they say its in like 4 months I always think 4 months is alot but this summer went by so fast I wish I had been more committed in the beginning I would be so much smaller right now in theory. Ok well I am off Have a great day ladies and keep pressin play! get your own ticker at [tickerfactory.com](http://tickerfactory.com)

<http://tickers.TickerFactory.com/ezt/t/wroUQuP/weight.png>

this is my moms ticker she is doing hha with me

<http://tickers.TickerFactory.com/ezt/t/w4MzWwS/weight.png>

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## Re:Darlina's Hip Hop ab journey

Posted by Les - 2008/08/13 09:51

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Very encouraging darlina.  
Keep it up

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## Re:Darlina's Hip Hop ab journey

Posted by darlina23 - 2008/08/13 10:48

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thank you has anyone else done before pictures?

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## Re:Darlina's Hip Hop ab journey

Posted by darlina23 - 2008/08/13 22:44

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today I did ab sculpt and mowed my lawn for 2 hours and walked about 20 minutes to and from the park. So tomorrow I

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have to do the double work out and saturday then on sunday just a cardio.

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### Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/14 09:23

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you guys want inspiration this morning I stepped on the scale and I totally broke my 175 and hit 172.4!!!! havent seen those numbers since I was pregnant I am so close to my goal I can really see me hitting it my sept. 1st

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### Re:Darlina\'s Hip Hop ab journey

Posted by glenn - 2008/08/14 11:04

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That is awesome! Congratulations.

One thing I'd recommend is a food diary, even posting here as peer pressure helps. Read this article we have on it.

Importance of Food Diary

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### Re:Darlina\'s Hip Hop ab journey

Posted by kandiapplred - 2008/08/14 21:08

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This is absolutely wonderful! Congrats! You will reach your goal by September!

I have not been able to work out for a few days...the baby has been sick. I have not been to work since Tuesday. Hubby is off tomorrow so

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### Re:Darlina\'s Hip Hop ab journey

Posted by kandiapplred - 2008/08/14 21:12

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my edit tab does not work!!!

Hubby is off tomorrow so I am going to do 2 workouts 2morrow....I will be weighing again on Sunday morning.

Keep up the good work.

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### Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/17 09:00

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okay so yesterday I got both work outs in and walking spent an hour or so at the park running kailebs energy out. today is only one work out when I have to do total body burn that is worrying me because it always hurts me or mom so...

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### Re:Darlina\'s Hip Hop ab journey

Posted by kandiapplred - 2008/08/17 10:14

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I agree about total body burn..I have been trying to figure out why I am so tired after total body burn....perhaps that extra ten minutes is making the difference and the weights.

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/18 07:13

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yeah total body burn isnt supposed to be done until your body is ready for it by doing the double work outs in week 2 so you build your strength. I didnt end up working out last night. however I did walk so I dont feel that bad, today I will make it up with a double work out

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## Re:Darlina\'s Hip Hop ab journey

Posted by Hopefull - 2008/08/18 12:06

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Hi Darlina and Kandi, congratulations on all the great work you've been achieving, i began hip hop abs last monday in the hope to shift a stone in five or six weeks, im not that much overweight, but i am 5ft 3 and 138lb, it may not seem like a lot but the way its positioned on my body makes me look awful! I have trouble staying motivated as whenever i gain or don't lose any weight, i question the program, and quit! :( i have tried this for about a year now, but now im definatley going to stick to it, but ill need all the support and motivation i can get.

Good luck  
thanks  
x

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/19 09:25

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hello all yesterday I did hip buns and thighs last night that was difficult I couldnt keep up. However I did try today is total body burn!  
Heres an update to my ticker

<http://tickers.TickerFactory.com/ezt/t/w1F7Ggn/weight.png>

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/20 00:21

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well today I did hips buns and thighs again I cant seem to get some of the moves down so I am trying to do it for a few days I can feel it and I know im working cuz I am sweating my butt off! I have a 11 days to lose 4lbs but I will be happy at 170 though I am not going to beat myself up over 3lbs I will feel successful anyway I mean I am going to keep going anyway. The real challenge is to keep this weight off through my semester in school thats when I undo everything for the past 2 years.

I tried to see the web site and I bought it when I bought the dvds so I cant get it for free apparently...

Well keep it up all and keep pressin play!

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## Re:Darlina\'s Hip Hop ab journey

Posted by kandiapplred - 2008/08/20 11:46

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Hello Darlina,

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Girl, you are doing great...You motivation inspires me! Try no bread or white stuff for the remainder of your 11 days and I am sure you will see the 3lbs comes off.

I tried the site last night and logged in while I worked out...kind of motivating.

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## Re:Darlina\'s Hip Hop ab journey

Posted by carinna - 2008/08/20 15:26

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Hey, Darlina! I think your before/after photos definately show a difference. It's hard to tell when it's you. Keep up the great work, you're almost to your goal!!! :woohoo:

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/26 08:19

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hey everyone I have not done any hip hop abs since friday but I have been moving :-)) on track today again

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/08/28 05:48

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Okay so yesterday was a bust. Today is my new day to shine but I am up atleast a lb and sat. there will be no work out I am going to crewfest a concert in PA so that is a long hall I dont think I will fit it in I will try anyway WHERE IS EVERYONE!

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/09/01 03:43

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Okay so it is Sept.1st at 3:40 am I start school today not at the weight I was hoping but not to bad either. 175.4 put some lbs back on over the last week. How come they come on so fast! However bought some new pants black dress pants and they are SMALL before from this store I was in a large so theres some progress and everyone tells me how great I look so theres something there. I also am home from classes by 2pm so shouldnt have a problem doing the work outs everyday. Well hope all is going good I havent seen anyone so hopefully no one else fell off wit me

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## Re:Darlina\'s Hip Hop ab journey

Posted by kandiapplred - 2008/09/02 09:26

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Hi Darlina,

Yes, you hit the nail on the head, I too have fallen off and will be restarting today. I have company for a week, one of good friends from North Carolina and I think we had to much fun!!! Also the holiday weekend did not help!

I am afraid to get on the scale and will not get on it until Sunday after I have completed this weeks workout.

Good Luck on your first day back to school! And let's continue to push play!

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/09/05 07:24

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By some miracle I am back down to my 172.5 this week and I didnt get any work outs in this week however I have to climb a mountain to get to my classes and I have been keeping an eye on my calories so thats good. My parents just came back from NC. They took my son on vacation with them last weekend. Well since then I have not been feeling well all week and no one else has either so today after school can be back to day one cardio some day I will do all 30 days in a row!

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## Re:Darlina\'s Hip Hop ab journey

Posted by darlina23 - 2008/10/08 07:20

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Okay so where the heck is everyone1 I have not done any hip hop abs in weeks over a month atleast since school started. I can see my waiste coming back out too! So monday is a new week a new day and I am jumping back HARD because I am making to many excuses and I dont want to be 192lbs again in dec, like I usually am. Well hope some one intends to join me!

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