
Kandi's Hip Hop Ab Adventure

Posted by kandiapplred - 2008/07/24 16:56

Hello, I started Hip Hop Abs on yesterday. I am so sore today. This is my second attempt to start this and I hope to keep on going this time.

I started it a couple weeks ago but quit after one week....I lost 3 inches around my waste.

I am truly motivated and determined to keep going this time.

I will list my stats later on when I get home.

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Re:Kandi's Hip Hop Ab Adventure

Posted by Les - 2008/07/25 04:31

Welcome KandiAppleRed

3 inches after 1 week is very impressive

you should start a daily log of some sort that has been helpful in my case as it promotes accountability.

Good Luck

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Re:Kandi's Hip Hop Ab Adventure

Posted by kandiapplred - 2008/07/25 10:54

Day Two was great! I went for a 30 minute walk on yesterday and did Fat Burning Cardio last night!

My diet is Weight Watchers!

I am still sore today but decided that it must be working.

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Re:Kandi's Hip Hop Ab Adventure

Posted by darlina23 - 2008/07/31 09:55

Congrats on starting I did the same thing I bought them in april and did truly start doing it until this last month. And I still havent completed a whole week correctly yet. I did Total body burn last night and that does exactly what it says I am in so much pain today. Anyway sure we can team up I do not post that often but If I have support on here I will

Have any lbs come off yet? Mine was 192 when I started now 176

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Re:Kandi's Hip Hop Ab Adventure

Posted by kandiapplred - 2008/07/31 10:23

Hi Darlina, I have not posted either but I am still at it....so far, I have lost 5lbs...You just reminded me to post my stats!

That is awesome that you are down to 176...so have you lost all of this in one month! Also, what diet are using?

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Re:Kandi's Hip Hop Ab Adventure

Posted by kandiapplred - 2008/07/31 10:27

My Stats:

Weight 255 lbs

Waist - 48 inches

Hips - 50 inches

Bust - 48 inches

Arms - 12 inches

I gained 70lbs when I had my baby who is almost 2 and have only lost 20 of those 70 lbs.

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Re:Kandi's Hip Hop Ab Adventure

Posted by darlina23 - 2008/07/31 23:59

Hey kandi, no I did not lose all that in one month like I said I started it and stopped and in the last 3 weeks I lost 3lb I started the month schedule on July 14th and I weigh in on Sundays. I do a counting of calories for my diet and try to eat more veggies and fruits but mainly im pretty predictable on what I eat everyday because I like certain things and I know how many cal's are in them so I repeat my meals often for instance break everyday is one egg with onions and 2 slices of ham thin on whole wheat toast and I also eat something every 3 hours. I am hypoglycemic so my blood sugar bottoms out if I dont eat every few hours. I too gain my weight when I had my son and I shot up to 257 with him with a start weight of 167. and I did not even attempt to lose the weight the first year then I went on ediets and went from 200 to 176 , 2 years in a row I would put it all back on in the winter because my excersize was walking and mowing the lawn and biking and when weather got bad cuz im in NY I wouldnt do anything so this year I vow to keep it off and get to my pre pregnancy weight before Sept. 1st when I go back to college. I want to lose enough for people to notice. Keep up the good work and keep up the posting it really helps to have some one there with you! 5lb loss is AMAZING!!!

Darlina

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Re:Kandi's Hip Hop Ab Adventure

Posted by kandiapplred - 2008/08/01 16:02

So how was e-diets? I am doing weight watchers and this is not working for me. I lost about 60lbs on weight watchers years ago but I am not for the point counting anymore...I don't have the time

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Re:Kandi's Hip Hop Ab Adventure

Posted by darlina23 - 2008/08/04 07:08

Hey girl how's it going? Last two days I missed out on working out and my diet went out the window as well. E diets was good but its mostly a support system and gives you meal plans but its expensive to pay for as well as the food you have to buy I am good with my old fashion calorie counting however i noticed I was more committed to doing everything on e diets I dont know if it is because they had challenges and stuff or the fact all I did for cardio was walking 2 miles and they had chat rooms as well. But like I said its expensive and this site works for now I just need a buddy to kick my butt. Maybe we could start our own "challenge" like I wrote in my thing I go back to college sept.1st and I would like to lose 10lbs by then and right now it is not looking good. I need to just find the time to do atleast 1 video if not 2 Im in week 4 of the program but I didnt do it to the T the way I intended to. Well hope everything is going good for you. Its 7am and I am trying to get Kaileb my son back to sleep hes been up since 4am and I want to do cardio or total body burn this morning. So did You take before pics and stuff? I did but havent took a new one yet I dont want to get disappointed if I cant see changes. I lost 4inches off my belly button area which is great but I have a long way to go.

Darlina

Re:Kandi's Hip Hop Ab Adventure

Posted by kandiapplred - 2008/08/12 13:08

I lost 2lbs last week and only worked out three days....no inches lost...just two 2lbs....

I am going to do better this week. I am going to try to list my daily meals and exercise from the previous day...daily...starting tomorrow.

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Re:Kandi's Hip Hop Ab Adventure

Posted by darlina23 - 2008/08/12 14:39

great job on the 2lbs. are u following the chart for the month or just doing them as you want? I dont know if you read and seen that i proposed a point system to help us keep on track. if you read my thing I thought 1 pt for food 1 for water and 1 for each work out. You baby is 2! time flies doesnt it?

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Re:Kandi's Hip Hop Ab Adventure

Posted by kandiapplred - 2008/08/14 21:29

I am not familiar with the point system because I purchased my videos off of ebay and did not get all of the paperwork. What is the point system?

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Re:Kandi's Hip Hop Ab Adventure

Posted by kandiapplred - 2008/08/17 10:19

My results:

Lost 2 more pounds and 1/2 inch

250.5 and waist is now 47 1/2 inches...

This week is bootcamp for me. The baby is feeling better and I am going to workout before going to work and go for a walk at work monday thru friday.

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Re:Kandi's Hip Hop Ab Adventure

Posted by darlina23 - 2008/08/18 07:15

congrats on the 2lbs thats wonderful if you get one to two lbs off your doing something and it should be long term anyway.

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Re:Kandi's Hip Hop Ab Adventure

Posted by kandiapplred - 2008/08/18 12:25

Thanks Darlina...started out with a one mile walk today and drinking plenty of water. This week workout schedule for me:

Monday - Cardio

Tuesday - Cardio

Wednesday â€" Ab Sculpt

Thursday â€" cardio

Friday - 5 cardio
Saturday - Ab Sculpt

Plenty of Water and Adding some walking in...perhaps pulling my 2 year old in the wagon in the evenings for about 30 minutes!

Re:Kandi's Hip Hop Ab Adventure

Posted by Tamara Kaye - 2008/08/18 22:23

Kandi and Darlina,

You can get the paperwork and guides through beachbody. They don't care if you bought your program off of ebay.

They have a free online gym, with nutrition, diet, and community support. I use it every workout. It's virtual, so you log in your workouts and are able to see everyone else in the gym when you are. I've made some great workout friends using this tool. They also give \$300-\$1000 to one person everyday who has worked out and logged it in the gym. Two of my friends have won. It's a great motivator for me.

Go to

<http://www.teambeachbody.com/tamarakaye>

Go to the bottom of the page, click the GOLD million dollar body game tab. You fill out your profile and start logging in your workouts. So much easier than trying to do it on your own.

It's FREE....they don't try to sell you anything....and you'll meet great people doing the same workouts.

(Don't click the BLUE join the club tab, that has more info but it costs \$2.99 a week)

Hope this was helpful:)

tamara

Re:Kandi's Hip Hop Ab Adventure

Posted by kandiapplred - 2008/08/19 11:01

Tamara,

THANK YOU SO MUCH!!! I am in love with this site and this has motivated even more!!!

Re:Kandi's Hip Hop Ab Adventure

Posted by Tamara Kaye - 2008/08/20 01:11

Kandi,

My pleasure :) I just found this site and I love it too!! So happy I could help! Just finished my workout and going to watch the Gymnastic Finals.

Have a great night:)

Tamara