
2 months to go...need the best advice

Posted by Knicks - 2008/07/01 19:06

I went from 152 to 146 so im starting to eat anything to gain back that weight with carbs mostly because im under weight (should weigh at least 160 for my height). I bought this new protein powder called Pro Performance Mass XXX, which will help me get the pounds back. What will be the benefits of having this while doin plyo and kempo which are calorie burning videos. I really want to still do these videos especially plyo for basketball. I need some advice on this topic!!!

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Re:2 months to go...need the best advice

Posted by Les - 2008/07/02 04:50

the plyo and kempo will keep you lean not skinny, don't worry about not keeping the weight, just avoid the junk food so you can have more muscles than fat. Also don't forget that in Phase 2 you get to increase your carbs intake, if need be go up a level i.e. if you a level I eat at level II

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Re:2 months to go...need the best advice

Posted by he4dhuntr - 2008/07/02 09:26

Eat healthy and eat more carbs or calories I guess. Just stay away from the junk food. Kenpo and Plyo won't make you lose muscle weight, they'll just help you lean out. The weight you're losing and transforming should all be fat storage. Muscle weighs more than fat, so I think with the proper amount of protein, carbs and calories per day depending on your level of food intake should help you maintain or gain weight. Just don't look to gain bad weight, gain muscle weight.

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