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## 30 day pics

Posted by FISH - 2008/05/10 11:35

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Hey gang,

Ive been reading all your posts while doing my first 30 days. You guys have been a great source of motivation and insight, thanks. Ill be 44 in June and Im trying not to look 44. As a High School Head Football Coach I was definitely not practicing what I was preaching to my players, so I felt like it was time to make a change in my life. Yes Im now an addict!! Thought I'd try to post my Day 1 & Day 30 pics. Ive got a long ways to go, but Im improving a little every day.

Thanks,  
Mark

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## Re:30 day pics

Posted by FISH - 2008/05/10 11:44

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Gonna try again [http://www.weightloss-hq.biz/images/fbfiles/images/before\\_edited.jpg](http://www.weightloss-hq.biz/images/fbfiles/images/before_edited.jpg)

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## Re:30 day pics

Posted by FISH - 2008/05/10 11:50

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ok maybe this will be the after pic? [http://www.weightloss-hq.biz/images/fbfiles/images/2007\\_07\\_\\_Jan.jpg](http://www.weightloss-hq.biz/images/fbfiles/images/2007_07__Jan.jpg)

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## Re:30 day pics

Posted by kenny - 2008/05/10 12:26

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Very Good Fish! Keep it up!

I'm going to be 40 this year and I can now say I am in the best shape of my life. I done my 90 days and i'm now in Phase II, session 2. I think this stuff would benefit some of the football players.

Keep going.

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## Re:30 day pics

Posted by FISH - 2008/05/10 14:27

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Thanks, yep got some of the kids doing it, suplementing mostly the cardio with them. My Advanced PE classes are all into it. They love the Kenpo and AB ripper. They want to do that every day. Can't say as I blame them, they are alot of fun!

Im way fired up. I get up Mon-Fri and do my workout at 5am, Saturday I sleep in to 7 and get after it. Great way to start the day.

Mark

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## Re:30 day pics

Posted by Les - 2008/05/11 07:38

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Very impressive for just 30 days Mark.  
Keep it up, Sparta is a couple of Phases away.

Good job so far

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## Re:30 day pics

Posted by FISH - 2008/05/11 07:47

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Thanks, just got done doing Ab Ripper before we head off to Church. Ive never sported a 6 pack only the keg. Im gonna get there.  
Thanks again

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## Re:30 day pics

Posted by Courtland - 2008/05/15 11:55

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Nice work Mark! Huge difference so far.

-Court

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## Re:30 day pics

Posted by Coy G - 2008/05/15 18:58

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Those are pretty drastic results. Just curious as to how much you followed the provided nutrition plan? Did you do it exactly as directed?

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## Re:30 day pics

Posted by P90X ADDICT - 2008/05/15 20:20

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Dude!!!! What an awesome transformation, 30 days, and your lookin' like that, watch out Tony Horton, someone gunning for your cover shoot.

I like the fact that you have introduced this to the kids. I used Plyo and Yoga for PT classes for my students, and they absolutely fell in love with them, and ask all the time if we can do them. I have PT again this week with them, so they're getting Interval Plus, beware what you ask for kiddos.

Keep up the good work, look forward to reading more.

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## Re:30 day pics

Posted by FISH - 2008/05/15 22:18

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Thanks, Im betting that the first phase will show the most drastic results, from here on out it'll be little by little.

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## Re:30 day pics

Posted by FISH - 2008/05/15 22:26

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Coy

No I can't say i did. I just try to be smarter in what I eat and drink. No soda's at all. I was huge into the Full Throttle's (a couple a day)Cut my portions in half, used turkey or chicken instead of beef. More salads, I don't snack durring the day, I have a breakfast bar when I get that urge for dorritos. My wife has made some of the recipies in the book also. Plus i stopped eating after 7pm, and Im in the sack by 11ish not 3am. Nothing special really. Plus I just am determined to work my A\$\$ off period.

Mark

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## Re:30 day pics

Posted by Coy G - 2008/05/17 10:18

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Well, that certainly is a relief. I've been following the diet as closely as I can, but man that thing is just too dedicated for a normal person. I'm staying away from beef and sticking with the turkeys, chickens, and the occasional steak for the protein. Going hard with the veggies too and that's my biggest struggle. I hate vegetables so much. Good inspiration though..keep up the good work!

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## Re:30 day pics

Posted by tizom - 2008/05/20 13:44

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wow. great job man.

that's also a relief for me to hear that you're not die hard on the nutrition plan. it's all about eating smart

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## Re:30 day pics

Posted by FISH - 2008/05/21 21:10

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I have noticed that the deeper I get into this, the more Im paying attention to what I eat. Ive really started to be very conscious of every little thing. I think Im worrying too much about slipping up and blowing it. Getting a little weird. Maybe that's a good thing, I don't know. :huh:

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## Re:30 day pics

Posted by Coy G - 2008/05/21 21:37

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That's absolutely a good thing. I used to be real heavy on the keeping in shape when I was in high school, then I started college and started drinking every weekend and going out for that 3 in the morning fast food and then got to the point where I would eat anything without any worries. The more cautious you are the better you'll be in the long run...with food anyways,

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## Re:30 day pics

Posted by Coy G - 2008/05/21 21:41

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Hey Fish, I was also curious... What version of the workout did you do? I'm planning on doing the lean version so I can lose a lot of fat before putting on muscle and I'm afraid that doing the classic version first will make me to bulky and thick,

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## Re:30 day pics

Posted by FISH - 2008/05/22 17:24

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I can only speak for me but I just did the classic. I wanted to burn fat but I also wanted to build muscle. I was/am very intent on building size, mainly in the chest, shoulders, bi's and tri's. Working the abs is probably what I stress over the most though, probably because it's the hardest to loose. So I do the classic but every now and then I throw in some doubles (mainly KenpoX)I go over board on the Kenpo, try to pretend Im in a fight makes me punch that much harder, really emphasise the twist and throwing the hips out there.

Mark

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## Re:30 day pics

Posted by Coy G - 2008/05/22 17:27

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Great. Maybe I'll just do the classic version since it is possible to lose weight and build muscle rather than just build muscle.

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## Re:30 day pics

Posted by Christopher1977 - 2008/06/18 17:25

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WOW!

You look amazing!

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