
Day 1 & Day 90 Pics

Posted by Courtland - 2008/07/12 17:21

<http://www.courtlandsystems.com/images/p90x.jpg>

Go easy on my hair - I was riding my bike and had a helmet on. ;) Here are my fit test results. Day 0 and Day 92.

Pullups Before: 1
Pullups AfterX: 11

Vertical Leap Before: 19"
Vertical Leap AfterX: 19.5"

Pushups Before: 26
Pushups AfterX: 41

Toe Touch Before: 1.5"
Toe Touch AfterX: 5.25"

Wall Squat Before: 1m 40s
Wall Squat AfterX: 2m 44s

Bicep Curl Before: 14 x 20lbs
Bicep Curl AfterX: 12 x 35lbs

In & Outs Before: 20
In & Outs AfterX: 130

Resting Heart Rate Before: 63
Resting Heart Rate AfterX: 49

2min jumping jacks 0,1,2,3,4min heart rate Before: 160,120,98,78,84
2min jumping jacks 0,1,2,3,4min heart rate AfterX: 158,112,99,81,81

I'm still doing the X a few days a week. I have been focusing on cycling 5 days a week. Trying to get the last bit of fat off then I will try to add some more lean weight.

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Re:Day 1 & Day 90 Pics

Posted by dhies - 2008/07/12 19:08

WOW!

Huge improvements everywhere!

You look great. I'm sure you feel great, as well.

I can't wait to get mine and get started.

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Re:Day 1 & Day 90 Pics

Posted by abhinav1singhal - 2008/07/12 19:19

Man, u did it.
I will really look at your pics for inspiration...great work bro.

By the way..which photo editor did u used?

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Re:Day 1 & Day 90 Pics

Posted by mackhott - 2008/07/12 21:07

Thanks for the pics... it is amazing, Sounds like a recording but that is the inspiration we all need,

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Re:Day 1 & Day 90 Pics

Posted by he4dhuntr - 2008/07/14 08:59

Very nice results! Great job! I hope you're very proud of yourself! Keep up the awesome work! Very inspiring.

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Re:Day 1 & Day 90 Pics

Posted by Courtland - 2008/07/14 10:18

dhies wrote:

WOW!

Huge improvements everywhere!

You look great. I'm sure you feel great, as well.

I can't wait to get mine and get started.

Thanks! To sound exactly like the people in the commercial, I feel like I am in the best shape of my life.

Good luck with your journey!

-Court

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Re:Day 1 & Day 90 Pics

Posted by Courtland - 2008/07/14 10:20

mackhott wrote:

Thanks for the pics... it is amazing, Sounds like a recording but that is the inspiration we all need,

I know what you mean. Guys like Kenny, Addict, and Les were very motivational, making it easier to hit play every day knowing I would get results if I follow the plan.

-Court

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Re:Day 1 & Day 90 Pics

Posted by Courtland - 2008/07/14 10:22

Thanks he4dhuntr and abhinav1singhal.

(I used Photoshop to edit the photos together. There is a freeware program called Gimp that should let you do the same thing and resize the image for the forum)

-Court

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Re:Day 1 & Day 90 Pics

Posted by Dave225 - 2008/07/18 19:14

Court...dont know if you have entered the monthly contest, if not, you should consider it!!

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Re:Day 1 & Day 90 Pics

Posted by Kevin - 2008/07/18 21:05

Court,

You da man!!!

Awesome results. Tony Horton ought to make a guest appearance on YOUR video!!

Welcome to Sparta...

Kevin

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Re:Day 1 & Day 90 Pics

Posted by Les - 2008/07/18 22:06

Well done fellow Arcadian

and Indeed welcome to Sparta

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Re:Day 1 & Day 90 Pics

Posted by Courtland - 2008/07/19 05:25

Dave225 wrote:

Court...dont know if you have entered the monthly contest, if not, you should consider it!!

Thanks Dave, I don't know, those people are ripped on that beachbody contest. I need 6 months to get there.

Kevin wrote:

Court,

You da man!!!

Awesome results. Tony Horton ought to make a guest appearance on YOUR video!!

Welcome to Sparta...

Kevin

HAHA! Tony is da man!

Les wrote:

Well done fellow Arcadian

and Indeed welcome to Sparta

Thanks Les. It feels good. I am never leaving.

-Court

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Re:Day 1 & Day 90 Pics

Posted by Dave225 - 2008/07/19 08:45

Court....I won 10k in the April Contest, and I was no where near "ripped"...its all about the total transformation, thats what they are looking for...the man who won the big prize (250k)last year, Earl Broughman, wasn't ripped either..I'm telling ya, as a compeptitor and somebody who has studied every winner over the past year and half, your results are as good or better than any of those guys.

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Re:Day 1 & Day 90 Pics

Posted by abhinav1singhal - 2008/07/19 12:09

Man, your PECs look well transformed.
did you worked on other things for the PECS?

I am almost the same condition as you were on day 1. I am slowly improving on Arms and back.
I also run 10K every week one day.So that excess fat gest burned.

Please share your experience on it.

Regards,
Abhi

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Re:Day 1 & Day 90 Pics

Posted by Courtland - 2008/07/31 09:29

Dave225 wrote:

Court....I won 10k in the April Contest, and I was no where near "ripped"...its all about the total transformation, thats what they are looking for...the man who won the big prize (250k)last year, Earl Broughman, wasn't ripped either..I'm telling ya, as a compeptitor and somebody who has studied every winner over the past year and half, your results are as good or better than any of those guys.

Dave,

Thanks for the information. I think I'll check it out. Your video on beachbody.com was very inspiring. Awesome job man!

-Court

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Re:Day 1 & Day 90 Pics

Posted by Courtland - 2008/07/31 09:33

abhinav1singhal wrote:

Man, your PECs look well transformed.
did you worked on other things for the PECS?

I am almost the same condition as you were on day 1. I am slowly improving on Arms and back.
I also run 10K every week one day.So that excess fat gest burned.

Please share your experience on it.

Regards,
Abhi

Abhi,

Thanks. I didn't do any extra. I did get the Reebok pushup bars from Target (\$14 me thinks). They added a lot more burn to the pushups.

I think chest and calves are the 2 weakest points with P90X.

I also made a small calf raise platform with some 2x4s so I could go deeper in the Legs and Back workout.

-Court

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Re:Day 1 & Day 90 Pics

Posted by kenny - 2008/07/31 16:29

Good job Court!

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