
Mr Luvpants day 1 and 30

Posted by mr luvpants - 2008/06/26 15:00

I did my pix a few days early as my wife is out of the country and she takes the photos! But how do I post them all on the forum!!! Not sure if I am happy with the progress. Any feedback would be good and gratefully received.

JOHN

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Re:Mr Luvpants day 1 and 30

Posted by he4dhuntr - 2008/06/26 16:54

A lot of people have been having problems with posting their pictures on the forum. There's a space in your profile where you can put them and just tell people to look in there for them.

As for your results, don't get discouraged, everyone gets different results and at a different pace. It also really differs whether you're following the nutrition plan or not. At least if you aren't rigorously following it, try and eat healthy and follow the guidelines. Such as more protein to build and repair muscle and what not. Finally, make sure you're really pushing yourself during the workouts. If you're doing all of this, you're getting healthier and stronger even if your results aren't as perfect or dramatic as you want them to be. There's no way you won't get stronger and healthier by exercising daily (intensely too!) and eating right. The appearance results will come if you stay committed. Keep up the good work!! Cheers!

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Re:Mr Luvpants day 1 and 30

Posted by glenn - 2008/06/26 17:07

You can either use an image tag and host on your own photo site or upload an image, which is MAX 499x499 in size and 100KB.

at the bottom of your post are "Select Image File to Attach". Just browse to your image there but be aware of the max dimension and file size.

Hovering over any button in the post gives you a TIP (above the message area where you type in a new post) on what that button does or restrictions, such as max image sizes.

hope this helps!

As users say, you can use your community gallery area, just click on your profile details and you have an image gallery.

Need more space? just PM me.

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Re:Mr Luvpants day 1 and 30

Posted by mr luvpants - 2008/06/26 18:42

Day one http://www.weightloss-hq.biz/images/fbfiles/images/day_1_front.jpg

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Re:Mr Luvpants day 1 and 30

Posted by mr luvpants - 2008/06/26 18:43

Day 30 http://www.weightloss-hq.biz/images/fbfiles/images/day_30_front.jpg

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Re:Mr Luvpants day 1 and 30

Posted by mr luvpants - 2008/06/26 18:44

Day 1 side http://www.weightloss-hq.biz/images/fbfiles/images/day_1_side.jpg

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Re:Mr Luvpants day 1 and 30

Posted by mr luvpants - 2008/06/26 18:44

day 30 side http://www.weightloss-hq.biz/images/fbfiles/images/day_30_side.jpg

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Re:Mr Luvpants day 1 and 30

Posted by mr luvpants - 2008/06/26 18:45

day 1 back http://www.weightloss-hq.biz/images/fbfiles/images/day_1_back.jpg

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Re:Mr Luvpants day 1 and 30

Posted by mr luvpants - 2008/06/26 18:46

day 30 back http://www.weightloss-hq.biz/images/fbfiles/images/day_30_back.jpg

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Re:Mr Luvpants day 1 and 30

Posted by mr luvpants - 2008/06/26 18:47

day 1 arms http://www.weightloss-hq.biz/images/fbfiles/images/day_1_arms.jpg

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Re:Mr Luvpants day 1 and 30

Posted by mr luvpants - 2008/06/26 18:49

day 30 arms

And thanks guys for the help. I suppose what I was really wanting to know is how do i join all the pics up in a line so I dont have to do multiple posts (if that makes sense).Re nutrition...I am following the Abs diet principles and have lost about 7 pound.

JOHN http://www.weightloss-hq.biz/images/fbfiles/images/day_30_arms.jpg

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Re:Mr Luvpants day 1 and 30

Posted by chrisinfinity - 2008/06/27 00:52

its funny everone shaves after there results so i c ant really tell but 7 pounds nice man im in day 37 and havent lost anything.

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Re:Mr Luvpants day 1 and 30

Posted by he4dhuntr - 2008/06/27 09:05

7 pounds is great! Keep up the good work! You should be very happy with that. Just stay committed and the results will come!

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Re:Mr Luvpants day 1 and 30

Posted by Les - 2008/06/27 10:50

Good job....so far.

7 pounds is a great accomplishment.

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Re:Mr Luvpants day 1 and 30

Posted by mr luvpants - 2008/06/27 13:01

Many thanks everyone but do you think I look thinner cos I don't!!! Def getting more flexible. I have zero flexibility and have been doing the yoga and stretching. Last week I was at work and talking about P90X to a colleague and said that I could not touch my toes and showed him and I was really surprised as I was nowhere near my toes but there was a definite improvement.

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Re:Mr Luvpants day 1 and 30

Posted by Val - 2008/06/27 13:27

I think most people tend to feel results long before they really jump out at your eyeballs. The reason is that starting out, you're building up your muscle mass and ramping up your metabolism. Yeah, you'll be burning some fat at the same time, but what often happens is the combination of more muscle (which is under the fat) combined with some fat loss result in a net effect of not looking much different.

Eventually you'll reach a tipping point though where the combination of increased muscle mass and revved up metabolism will turn you into a fat burning machine, and in the end those all-too-visible soft spots will simply melt off.

In theory anyways ;)

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Re:Mr Luvpants day 1 and 30

Posted by Ryno88 - 2008/06/27 15:15

Luvpants

I am in the same boat as you. I was a little upset that my 30 day pics weren't as dramatic as I was hoping they would be. Don't get discouraged. I am sure you are feeling different and noticing little changes. I can tell from your pictures that you are losing inches around the mid section. Did you take your measurements? Good job making it this far. Keep bringing it!

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Re:Mr Luvpants day 1 and 30

Posted by Les - 2008/06/28 06:46

I hear you on the lack of visual changes, but the numbers don't lie.

checkout my pix from before and after and there's not much of a change there either.
<http://www.weightloss-hq.biz/weight-loss-forum/p90x-before-and-after-pics/my-before-and-after-pix.html>

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hey

Posted by juju - 2008/11/02 12:55

man i think ur someone i should talk to,i begin week 3 phase 2 on monday, i have not seen much results to be honest, no change in belly fat and al that, but i'm gonna stick to it and follow to the end. i would love to get some adviec of urs and also a diet plan like what to eat on a day, i eat preety healthy all the time, just not enough i guess, but hey i know a good amt about excercise and all that casue when i was 16 i was at 210 and i joined the gym started tae bo spinn aerobics and weight sna came down to 110. still didn't have a sex pack , had a little tummy flab but hey was a big improvement, changed up the training, at 150 153 now i'm 5'5 age 22 male, what really messed me up is when i took a supp called gain fast which just mae me put on fat, but yeh i await your reply. thanks.

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