
1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/02 19:08

I'm done phase one:laugh: I am now on my recovery week and looking forward to starting phase 2!

Today I did YOGA. Sadly I had to cut it short b/c I had to go to work early and then baby sit my goddaughter. So not much time, but I did do it!

QUESTION...les, Addict, sparta soldiers, ANYONE who has been here...did you follow the recover week to a "T"? Or did you add in cardio or the ab ripper? I have been doing doubles and I know it is good to rest, so I can hit it up hard next week, but I think I am going to be bored.

QUESTION 2...does anyone know much about woman and creatine? I know Tony has creatine in his drink and I have been making my own...but I just don't know if I need the creatine? Or how much? Tony has 500mg in his, but everywhere I read about it or from friends they say 5g (5,000mg). Or 1g for every 40lbs you are and to skip the loading phase. I have been taking it for the last few days. I won't be taking it during my recovery week since I won't be pushing it that hard. I will still have some protein shakes.

ANY help or advice is appreciate. THANKS!

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Re:1st RECOVERY WEEK /Questions

Posted by Lskarp - 2008/06/03 09:59

During recovery week(s) I also did cardio when I had time. Sometimes CardioX, sometimes, I ran 3-5K. I think the real important aspect of recovery week is NOT to do any resistance training. Trust me, I came out stronger from each of the recovery weeks in that I added pull-ups, weights, and reps in almost every exercise! Not to mention Abs. I finished my final recovery week last week and I have been taking a few off to start again with a modified program on Saturday. For kicks, I did Ab Ripper last night. Tore it out!!!! Even 50+ mason twists, while burning, was very doable. In fact, I did a second set of 40 to be sure.

As far as Creatine, I am no Nutritionist, but I would think that it is cool for women dependent on her goals. Creatine will bloat you and cause you to bulk up. If you want that, then go for it. If you don't, I would stick to Whey Proteins and a low level of Creatine (like the recovery drink).. The creatine in the recovery drink is a relatively low level compared to what you would use in normal application.

Enjoy!!

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Re:1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/03 13:02

Thanks Lskarp! Appreciate the feedback. I'm off to try core syn...

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Re:1st RECOVERY WEEK /Questions

Posted by P90X ADDICT - 2008/06/03 15:27

chub*rock wrote:

Thanks Lskarp! Appreciate the feedback. I'm off to try core syn...

I agree with Lskarp, I would stay away from the creatine too,it makes you retain too much water and is easy to overload on.

Let us know what you think of Sore Core, given your background, I think this will be your new favorite workout.

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Re:1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/03 16:00

P90X ADDICT wrote:

chub*rock wrote:

Thanks Lskarp! Appreciate the feedback. I'm off to try core syn...

Let us know what you think of Sore Core, given your background, I think this will be your new favorite workout.

THANKS ADDICT for the advice and you are right...Sore core...ha ha ...was AWESOME! I am so disappointed it's not in the regular mix of classic and doubles! I thought it was great. HARD...much harder than I thought it was going to be since this is my "recovery" week! IT ws great!

I think I am going to try just 1g of creatine and see how that goes...since I already bought it...I diff think 5g was too much for me. I am trying to follow the same shake Tony uses...well kind of...and since he has a lil bit of creatine in his...I really want to try to keep it in mine. But yeah I'm not sure if it's just making me bloated. I might have been using too much. Thanks for all the advice.

Re:1st RECOVERY WEEK /Questions

Posted by Les - 2008/06/03 16:07

do as much cardio as you please just don't ommit the Syn core

and cut down on the creatine as pointed above

Re:1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/03 16:22

Thanks Les and everyone.

So should I not use creatine at all or stick to Tony's level of 500mg? Do you guys take creatine?????

Re:1st RECOVERY WEEK /Questions

Posted by lskarp - 2008/06/03 17:01

I do not take creatine, but my goals are more toning in nature.

Creatine causes your muscles to absorb fluid between the fibers thus making a space where your new muscles can grow into. Therefore, if you take creatine, you must also drink plenty of fluids and expect to retain a bit of water weight!! DO NOT USE THE SCALE IT WILL CRUSH YOU!!

Re:1st RECOVERY WEEK /Questions

Posted by Les - 2008/06/03 21:11

no creatine for me either, i only take whey and that's for recovering purposes

actually i'm still cutting, but i don't know what's a healthy number for somebody my size that is almost 6' and 190 lbs and 9-10% body fat (3 points measurement)
for now i will just go ahead and keep following the diet and work it out.

Re:1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/03 23:58

Thanks again for all the input. I want to lean out too...maybe I will just skip the creatine all together...

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Re:1st RECOVERY WEEK /Questions

Posted by Medikman - 2008/06/05 00:40

Hey Chub,

How's the recovery week going?

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Re:1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/05 15:56

HEy Medik! Thanks for stoppin in!

Recovery week is going good...LOVE LOVE LOVER CORE SYN! It's awesome. I decided to skip the stretch today to do Kenpo instead. Wanted to try to get some cardio in this week (its not suggested but was hoping I could do some), yet I have been crazy busy! But eating still going well and after the great advice I cut out the creatine.

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Re:1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/06 15:40

just trying something...

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Re:1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/06 15:51

Re:1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/06 17:15

SORRY for the blanks I was trying to see if I could figure out how to post my pics and it didn't go so well! I posted day zero and 27 (today) in my gallery. My gut actually looks much better in person! Plus what the pictures don't show is...how strong I feel, how happy I am, how proud I am, and how great my clothes fit!

I almost done the recovery so figured I should get this done before the weekend...also as an update...

27 days I have...

*Dropped 5 lbs

*lost 1/2 an inch on BOTH my arms

*lost 1/2 an inch on my chest (I kind of need that half inch though...not that busty over here:laugh:)

*lost 1 inch on my butt

*lost a combo of 1 inch on my thighs

*lost 1.25 inches in my gut!!!!!! This needs the most work! I have always been fit...just don't look it...YET!!!!
A TOTAL OF 4.75 inches!!!!
*did 15 push ups on my toes day 1 (and struggled)...did 25 push ups on my toes easy day 27!

I love this prg and everyone on here has been amazing. Thanks for all the support! I will start a new thread for phase 2 doubles!

Things are still going well...recovery going well...eating still good!

ENJOY THE WEEKEND!!!!

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Re:1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/07 16:33

Almost at the end of my first recovery week...I did I different break down as what was suggested...

M- YOGA
T- CORE SYN (I LOVE THIS WORK OUT)
W- Kenpo and ab ripper
TH- CORE SYN
F- Kenpo and ab ripper
S- CORE SYN
sunday...I will be doing yoga and then getting ready for PHASE 2!

Really killed it today in Core Syn was pouring down sweat (I think I was driven by the lil debbie starcrunch I treated myself to yesterday...had to burn it off!). Went to the bar last night and only had one beer...everyone got bar food...fries and what not...but I passed. Made sure I had a good dinner before I left. To be honest, it wasn't that hard and I wasn't even hungry!

Hope everyone is having a great weekend!

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Re:1st RECOVERY WEEK /Questions

Posted by Les - 2008/06/07 22:58

I don't how others feel about it but I think you should have rested your Abs by not doing Ab Ripper.

what i've experienced is that when you get back to resistance after your recovery week you're much stronger, I hope your Abs muscles don't get too used to the routines.

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Re:1st RECOVERY WEEK /Questions

Posted by chub*rock - 2008/06/08 01:37

Thanks Les for stoppin in and for the advice. A lot of times I add in new stuff to my "ab ripper" since I have a big fit ball and a med ball. I just didn't want to get out of the system of doing abs...since that is my weakest part. But I can see your point and appreciate it! Thanks.

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Re:1st RECOVERY WEEK /Questions

Posted by Les - 2008/06/08 07:19

if you're not doing the same exercises everyday then i guess you should be fine.
it's all about muscle confusion right?

