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## Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/04/21 15:20

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Does anyone have any advice for me, I have thought about this P90X thing for a while, and now that I have seen people here in this forum getting results, I thought I might give it a whirl for a few days and see how it goes....

All right sports fans, I'm BAAA AAACCCKK. Ready to go with round 2.. Today is D DAY, Phase 1, Day 1, Week 1-Fat Shredder profile Level 2. All ignition sources ready for take off in T-minus 10 minutes, Chest and Back day.

I'm all jazzed about starting all over again, and I am making my pilgrimage toward Sparta, picking up lost souls on my way and leading them to the promised land that is RippedVille...

I am on my way, so don't let me catch up to you, keep going, keep diggin, keep kickin, scratching, biting and clawing toward that finish line. Make every work out something you have to crawl away from in a pool of sweat and you too will know what it is like to claim the title of Arcadian, and who knows, maybe even one day...Spartan

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## Re:Arcadian Journey: P90X the sequel

Posted by Iskarp - 2008/04/21 15:41

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Bro, you need to see a doctor Stat!!! Maybe Dr. Drew should have a show that combines former fat people that are now addicted to P90x!! It can be on VH1..

Tony can guest star. I would say that drill Sargent dude from fit club could come on too, but we would shred him up!!

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## Re:Arcadian Journey: P90X the sequel

Posted by Les - 2008/04/21 16:25

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This is insanely inspiring.

So shall it be.

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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/04/21 17:32

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I know..scary isn't it..

Just got done with day 1..goal today was to raise reps or weight by 5, no matter what, I was gassed at the end, but boy was it worth it, felt like a million bucks right up until I heard those three nasty words...Ab Ripper X, in that slow psychotic whisper that only Tony Horton has mastered. For some reason I was torched from the get go..got through all the exercises and did a few more, but I felt myself getting fatigued early on, so it was a real push to get it done, added some extra Mason's in there, but only after a three minute stretch. AHHHH, but it feels great to be done. Tomorrow, Death Sweat Plyo and some unknown PLus video for me...

And Les I got your review request and will finish playing around with all of them this weekend and will have something for ya soon.

Until tomorrow..."Molon Lhave".

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## Re:Arcadian Journey: P90X the sequel

Posted by ghpeugh - 2008/04/21 19:18

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You just Rock!

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## Re:Arcadian Journey: P90X the sequel

Posted by Charles - 2008/04/22 07:07

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Welcome to this forum Addict. You should find some answers in here to any questions you have. You might be sore the first couple of workouts but don't give up, keep up with it, what the heck I am saying, you're the foremost expert on this subject. Good luck and thanks for leading the way for us all on this train ride.

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## Re:Arcadian Journey: P90X the sequel

Posted by TiamatFix - 2008/04/22 07:41

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Who is this crazy newbie? You look like you've already been doing P90X?

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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/04/22 14:20

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Phase 1, week 1, Day 2: PLYO and Kenpo Cardio double sweat death day. Got to hurry up and get into the gym, have to work this evening, and this one takes quite a while to finish. I really feel the results from yesterdays Chest/Back /Ab's, Got that semi sweet soreness going on, just enough to make you remember what you did the day before, but not strong enough to make you too sore to work hard today.

Got some new friends joining us next week, I know at least one of them is gonna start logging here, and at least two if not three others starting at the same time. I also have a group of people at work that are trying to get it approved to do while working (during their lunch break of course). I have really been encouraging people around me to get out and do something, is doesnt have to be P90X, GREAT if it is, and trying to encourage them to cut out or down on fast food, which I KNOW is the hardest part for people.

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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/04/22 16:52

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Just got done with the above mentioned workout, and all I have to say is WOW. That T-shirt must have weighed 5 lbs when I was done, as shown by the scale today (1st time I weighed myself in the last 9 days, and it was post workout) but look who hit a personal best of 198 BABY. I know it is gonna be shortlived again, but I am renewed in my faith that I have broken through my plateau!!!!

Tried somethin new today..a friend of mine just returned from a marathon and brought me back a box of Powerbar Gel packs, used for endurance, its a quick shot of electrolytes and quick carbs that are supposed to rejuvenate (along same lines as recovery drink). I dug it, and Ill give it a try for a few days to see where it goes, they have different flavors but I dont suggest the strawberry banana...more to come on this one.

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## Re:Arcadian Journey: P90X the sequel

Posted by ghpeugh - 2008/04/22 21:21

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The 200's are so in your past! Way to bust that plateau man!

Bring It!

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## Re:Arcadian Journey: P90X the sequel

Posted by Les - 2008/04/23 12:57

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P90X ADDICT wrote:

Tried somethin new today..a friend of mine just returned from a marathon and brought me back a box of Powerbar Gel packs, used for endurance, its a quick shot of electrolytes and quick carbs that are supposed to rejuvenate (along same



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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/04/28 17:51

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:woohoo: WEEK 2 Day 1, has begun, chest and Back day. Decided to try it Kenny's way and do decreased reps but increased intensity, leg raises during push ups, and negatives on the way down for pull ups...and I have to say I think I found my new favorite way to workout. I pushed out more sweat today than I ever have before with this workout.

Cant wait for death sweat double say with Plyo and some other form of sweaty torture, haven't decided yet....Until tomorrow sports fans...keep your heads down (during push ups) and put your back into it!

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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/05/01 03:33

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WEEK 2, DAY 2 was a bust, was sick all mornin and called in sick to work, had a knot in my stomach and couldnt bring myself into getting out of bed.

Week 2, Day 3, felt a little better, so decided to hit it hard with Soulders /Arms/Abs at 1000 pm. Felt great, had a few issues with the dumbbells, my selectech's need to be tightened, had a couple of the discs fall out during exercise and had to stop and fix twice during workout.

All in all, a great day.

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## Re:Arcadian Journey: P90X the sequel

Posted by kenny - 2008/05/01 11:04

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Hey man -

Since doing the leg ups during push-ups and increasing my weights, I'm starting to see an increase in my number of reps. I'm in my recovery week now and I can tell my muscles are starting to develop better now. I can't wait until PhaseII!

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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/05/02 11:11

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WEEK 2, DAY 4...YOGA DAY.. Got to do my favorite workout last night, everyone in bed, no one to bug me during exercises, mellowed out to vinyasa's and ooomms. Noticed a pretty big difference in overall balance and strength during, I'm going to attribute it to the new resistance added during pushups, dips etc..leg raises.

Week 2, Day 5...Getting ready to hit legs and back this morning, and probably hit a double with cardio, feeling lethargic and need to get pumped, so what better way than to kick your own a\$\$ into gear.

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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/05/05 15:02

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Allright y'all, I took the last two days off, because a buddy of mine and his chica are starting today, and thought I would join them by starting over again on their first day, so welcome to Phase 1, Week 1, Day 1...again, and again.

:woohoo: :woohoo: :woohoo: :woohoo: HERE WE GOOOOOOOOO!

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## Re:Arcadian Journey: P90X the sequel

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

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Allright y'all, I bet you were all wondering where I dissapeared to, or maybe you could give a #\$\$%^&\*, but this last week has been a dooooozy, but I have been there, killing the workouts, and brining it everyday. I have been studying for a promotion exam and had been using every spare minute available studying.

I have caught myself up on everyones progress and cant believe the changes some of you have had in that short 30 day period. What an awesome adventure you have all taken on, and from those of us Graduates, I can tell you it only gets better from here !!!!

As most of you know, I started over last week to align myself with my friend and his wife, while at the same time, starting with Les and the crew.

Sorry for not making time to get on here, I'll do 100 plange pushups to make it up to all of you. Get that stomach up MR. "This is P90X My Brutha".

As for today..Week 2, Day 11, Yoga Day, added in some extra Cardio in this morning, as I usually do my Yoga at night. Got a good run as well as some Kenpo Cardio Plus.

Got the 13 year Anniversary going with Mrs Addict this weekend, so we've got friends watching the little addicts, and we are off to the coast for some RnR, YEAH RIGHT, WHAT IS THAT? I already have my workouts planned, gonna try Yoga on the beach, Plyo in the room, and hmmm, there was something else I was gonna do....woohoo:

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## Re:Arcadian Journey: P90X the sequel

Posted by Football\_fanatic - 2008/05/15 21:01

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HaHa Alright still keeping it up! Keep it going we shall be the largest group to make it to the END! Also Good luck on your exam, know how hard they can be, Have Fun and Keep Bringing it for ur 2nd time!

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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/05/16 14:09

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Week 2, Day 12 Got in some fun Legs and Back and then decided to kill it with a little interval plus, legs...are...on....fire....could barely get up the porch steps to get into the house....WOW. Good sweat, great workout, now to go get some FFFOOOOOOOODDDDDD.

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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/05/16 14:12

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Found a great vid on You tube, that really hits the nail on the head, gotto go out and find your source of encouragement. Except for the song, this guy is great!!<http://www.youtube.com/watch?v=U90Kk7IIC0k>

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## Re:Arcadian Journey: P90X the sequel

Posted by Les - 2008/05/16 18:17

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welcome back brethren  
thinks for the link even the song was great

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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/05/18 13:13

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WEEK 2, DAY 13/14

Really been likin the PLUS videos this week, so decided to skip Kenpo and hit another day of Plyo with some Interval and then some Ab Core Plus along with some Kenpo Cardio Plus. Between the hear and the workout, ive been going through two shirts per workout.

One more week of heavy stuff and then the lovely rest week.

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## Re:Arcadian Journey: P90X the sequel

Posted by P90X ADDICT - 2008/05/30 22:19

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Hey y'all,

Still brining it, and keeping it steady. I decided at the beginning of my new phase to start over with some friends helping them along in phase 1, so to date, I have done 5 weeks of Phase 1, with two more to go so that they get the full 4 weeks. I don't mind it, as now I have people to work out with. 90 days in the garrage by yourself can get at ya.

It's pretty cool, because after shift at 0400, we all hit our employee gym and knock it out of the park. We found that at 4 in the morning, we can also use our conference center, where we put Tony up on the big projector screen and do Plyo, Kenpo and Yoga.

My guys were whining this week, especially after a very long shift, but I told em I would be there, and if they wanted to work out I would help them....actually I dont think I put it that nicely...;)

Diet is still in place, and I have found a new topping for my chicken/shrimp, a tablespoon of Franks Red Hot, and that is all she wrote man, love it, love it, love it. Also found a new restaraunt in town called Pita Pit, I guess its a chain? Anyway, a little like subway in that it is made to order, but a whole grain pita, with all the veggie fixings you can possibly imagine, but the way they wrap it, its like a burrito.

I will probably be bloging in weekly now, as the schedule has really changed, but the routine has not. Keep bringin it!!!!!!

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## Re:Arcadian Journey: P90X the sequel

Posted by Les - 2008/05/31 06:03

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good to hear you're still on track (not that I doubted it anyway)

I'm finishing my first recovery week of Round 2 can't wait til monday for AB Ripper and Chest Shoulders and Arms. kind of missed it this week

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