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## Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/11 20:20

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:woohoo: Hello all!

I'm starting my P90X CLASSIC tomorrow. I can't wait. I did sample the Kempo, ab ripper, and back/chest over the weekend. I really like it. But I am officially starting tomorrow. I will also be following the eating plan (to shred fat, but I am a vegetarian so I have to make sure I get my protein up ).

Just as a background I am female in my late 20s who has worked out for many years. I use to be 230lbs, got into fitness when I was in high school, and dropped a lot of weight.

Why P90X? To be honest, I'm just bored. I'm sick of going to the gym and wanted to do something new. Plus, I work out a lot but I should be leaner. I want to drop some lbs and tone up. I'm getting a lil puffy in my old age and since I got married;)

This is the first time I have been excited to work out in awhile. I'm just sick of busting my a\*\* at the gym and still looking like sh\*t naked! I know I don't push myself hard enough and my clean eating is great during the week...but then I hit the booze with some friends and end up getting wasted and eating pizza! Wish is a ton of fun...but I need to get back on track. I may add doubles in with my classic (the breakdown is the same, just AM cardio), but we shall see.

This is mainly for me, but I would love to get feedback and support if anyone would like to add to my blog. I just wanted to have something that will keep me focused and on track. I figured this blog might help! Until tomorrow...peace...

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## Re:Chub\*rock\'s P90X journal

Posted by Medikman - 2008/05/11 22:18

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Good luck tomorrow

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/12 02:38

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I'm just trying to figure out how to post pics...took mine tonight...and seriously teared up...man I look WAY better with clothes on. And the sad part is...I'm in pretty good shape! You would just never know it b/c I eat and drink too much! But I work out all the time. It's time to get serious...I'm disgusted...but I have to do it...time to get real...

DAY 1 March 12, 2008...

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/12 02:44

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I will just put all my pics up when I am done...

EWXXXXXXXXXXXXXXXXXXXX...just you wait body...it's time to bring it!

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/12 02:46

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Hmmm....I had another one...hold on...

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## Re:Chub\*rock\'s P90X journal

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Posted by chub\*rock - 2008/05/12 02:48

on second thought...i'm really grossed out...so i took my one down however I will show all of them when I am done at 90 days and look awesome:blink:

My poor husband...having to look at this... :X

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/12 19:14

DAY 1 CLASSIC P90X

CHEST and BACK

Today is my official start day...jigga! I did chest and back dvd this morning. I ended up not giving myself enough time, so I need to do the ab ripper tonight:angry:

\*\*\*My own twist on the DVD\*\*\*

~ Sadly I can not do a full pull up, so I use the chair. I pause the dvd and do my pull ups. Then I unpause and while Tony and the crew are doing their sets I do the tension band for extra bonus to build up my back.

~I can do a descent amount of push ups, but I can't go as long as the crew (especially on the 2nd round...my chest/arms are shot!). So since I am already on my mat, I do low back exercises. SINCE there are really none in this video that work on the erector spinae. The lumbar region is often abused in the body, so I take the time here to do some very light no weight moves (lumbar stabilization exercises).

Works for me, but we are all different. Just thought I would share.

I went and bought some more dumbbells today. I found some great deals at Kmart. Highly suggest it for anyone that needs some dumbbells.

I probably won't write every day, but for now I am going to try. It will be good for me to keep track of what I am doing. Plus seeing my photo makes me :(

Diet went well today...actually I need to eat some more...I had a CRAZY busy day and have been slacking on eating. I know that's not good, but my job is pretty busy! I figure I will work out these kinks, but I ate clean all day...just not enough food.

Off to hit up the ab dvd...peace...

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## Re:Chub\*rock\'s P90X journal

Posted by Les - 2008/05/12 20:27

you're off to a good start, that's important in keeping me motivated I hope it does the tricks for you also.

you'll get in a eating rhythm pretty soon, it's only 5 time for most for me it's more like 7 times.

Good job

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/12 21:40

Thanks Les...appreciate you stoppin in!

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/13 20:10

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### DAY 2- PLYOMETRICS

Holy sh\*t!!!! I did plyo today...and man...oh man...what a work out! There was certain moves that I only could do half time on and I did some of the more moderate moves. I have had two knee surgeries from playing sports in college, so I was a lil' worried:unsure: BUT so far so good. I will see how I feel tomorrow. But I thought the dvd was great. Man, the guy with the prostetic leg did better than me! But I know it will come in time. I'm just proud that I stuck it out and did the whole thing! Lung and heart wise I was fine, but man my legs just felt like dead weight at the end. It's a great feeling!

I LOVE P90X

Diet still going well. Until tomorrow...peace...

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/14 17:46

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### DAY 3: ARMS and Shoulders

Tried out arms and shoulders for the first time. I really liked it. Was able to do everything except those crazy sidelying one arm tricep push ups. Did a few...that was all I could do. But it's all good! About to do my ab ripper in a few minutes. I have to say Tony is kind of annoying...yet funny...I have a love hate relationship with him. Ha ha ha! I'm use to work out alone with my ipod, so I just have to get use to doing dvds. But I am excited every day.

Food is going well. I make sure to also include the following in my every day (just in case anyone reads this...I don't think so:laugh: ..that's cool really this log is meant to keep my a\*\* on track):

#### DAILY

~Mult vitamin

~ZMA\* at night on an empty stomach

~2 tbl spoons of apple cider vinegar, mixed with liquid stevia\*\* and 6oz of water. This is good for the liver and releasing toxins.

~Add psyllium husk\*\*\*(grounded up-again buy it at Heryn's). I like to add it to oatmeal or blend some in a protein shake.

\*ZMA is ZINC, MAGNESIUM, and B6. It helps with increase ms strength and recovery from work outs. It's all natural. Plus I'm a vegetarian and have to make sure I get my B6.

\*\*By the way stevia is the greatest thing ever...it's an all natural calorie free sugar...you can buy it at Henry's or Trader Joe. I recommend the liquid not powder. So you don't get the calories of regular sugar, but it's not full of chemicals like nutrasweet/splenda.

\*\*\*It an all natural form of fiber...kind of like the fiber add in crap you can buy at the store, but this is all natural with no fillers.

Off to do ab ripper...yoga is tomorrow...90 minutes...I'm sccuuuuurrred:ohmy: ! Peace...

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## Re:Chub\*rock\'s P90X journal

Posted by Les - 2008/05/14 20:22

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Good job Chub

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it won't be long before you're able to mute tony, I find myself doing ab ripper better without him in my ears, this week i've been doing Ab ripper while watching sportcenter.

as for your side tris they will come for now let's just say you're learning the moves.

Good luck with Yoga tomorrow

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### Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/14 22:12

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Thanks Les! Appreciate the positive feedback. How is your training going???? Hope all is well!

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### Re:Chub\*rock\'s P90X journal

Posted by Medikman - 2008/05/15 00:48

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chub\*rock wrote:

Food is going well. I make sure to also include the following in my every day (just in case anyone reads this...I don't think so:laugh: ..that's cool really this log is meant to keep my a\*\* on track):

Hey Chub\*rock glad your first week is going well. I'm reading your log, I think it's a great way to keep each other honest. I plan on keeping a daily log as well. I have never been good at journals but I really want to make this work, so I'm going all the way.

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### Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/15 01:00

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Thanks for checking in medikman! I will keep an eye on you too, so we will both keep each other honest.

For anyone that is interested there is a great excel spread sheet by Kenny (thank you Kenny)  
<http://www.weightloss-hq.biz/weight-loss-forum/p90x-forum/p90x-classic-routine-excel-spread-sheet.html>

But I made printable documents (for CLASSIC phase 1) that I printed out and put in a little folder with my dvds. This way I can keep track of the weight and reps I do each day. I attached it just in case anyone would like to use it. I find it helpful! [http://www.weightloss-hq.biz/images/fbfiles/files/P90X\\_phase\\_1.doc](http://www.weightloss-hq.biz/images/fbfiles/files/P90X_phase_1.doc)

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### Re:Chub\*rock\'s P90X journal

Posted by jon b - 2008/05/15 11:21

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Can you print without the black background? How do you change the format to do that?

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### Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/15 20:43

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Jon B...black background? Are you talking about the excel sheet? I have no idea how to change that. The document that I have is word and there shouldn't be a black background. I don't have one. Sorry I am not much of a computer person. SORRY!!!!

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DAY 4: YOGA X

Today was my first day doing YOGA X! It's 90 mins long and I MADE it! I have to say it was a challenge and I have even taken yoga before. It was a little boring at times, but I know how good yoga is for the body/mind. The first 45 mins are much harder than the last 45 min. The last half is more floor work, abs, and stretching. I though the dvd overall was well done. I do have to say that I think it would be good to show people how to stretch with a yoga belt and some more modifications. That is what they do at the Yoga class I usually go to. But overall, it was great. I needed a day to stretch and I found it challenging (I was sweating during all those downward dogs!!!!).

Eating is still going well. One of my favorites is to take nonfat plain organic yogurt and mix it with a scope of protein powder (either choc or strawberry). It's like pudding!!!!

Looking forward to legs and back tomorrow...peace...

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/16 12:43

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### DAY 5 LEG and BACK plus AB RIPPER

Just finished Leg/back X and ab ripper. Thought it was another good work out. Made it through the whole dvd!!!! I like that they talk about alignment and watching your knee...that is huge for people! I did do my pause during pull ups and then TB while Tony does his (as I mentioned above on day one chest/back). I really like that...doing pull ups with the chair and TB...I feel more of a burn :evil: I did however add in some low back stuff at the end of the dvd just b/c again I don't think they really do much for that. Just my opinion. The same at the end of ab ripper. It's crucial for the low back to be worked as well so the core stays balanced.

Feeling a lil tired today...these dvds have been great and I am really proud of myself...it's the first week and I made it through all of them (so far)! But as I have said before I do work out a lot...but this...this I really feel. Plus, I really like their diet. It has been pretty easy for me to follow. The hard part will be this weekend and making sure I don't drink too much:woohoo:

\*\*\*\*As a side note, if you are using my work out forms I made in word I have attached...the leg/back one is missing few exercises. I wrote it based off the book...did not watch the dvd first...and I guess I missed a few. But there is plenty of space at the bottom to write in the few I missed. SORRY about that!

Enjoy your weekend everyone! Peace...

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## Re:Chub\*rock\'s P90X journal

Posted by P90X ADDICT - 2008/05/16 12:47

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Hey there Chica, thought I would chime in and congratulate you on a great start to your daily logs, this is a great way to keep yourself honest, not to mention, you get to look back at day 90 and see all of your hard work. This also a great place to laugh, cry, rant and rave about Tony, the workouts and the pain.

Keep doing what you are doing, and you will reap great rewards, as you can see from most of the people here, sticking with this program will get you the results you are looking for.

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/16 13:44

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THanks addict! Everyone hear is great...so supportive! You look great and keep up the good work :cheer:

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## Re:Chub\*rock\'s P90X journal

Weight Loss Forum - Weight Loss HQ - Reviews - Weight Loss Plans

FireBoard Forum Component version: 1.0.4

Generated: 1 December, 2008, 15:59

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Posted by Les - 2008/05/16 18:22

Good job Chub  
good to see that you survived Yoga,  
what kind of lower back exercises do you add to your workout?

tomorrow is going to be fun. Kenpo! you get to kick and punch, I don't I like it, not as much as plyo but i like it.

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/17 15:05

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### Day 6 KEMPO

Well before I go into the work out...I will have to go into last night. This will be a hard weekend to stay on the health path since it is full of friend's bday and graduations! Last night I went to a deck party and ended up having a lil too much wine (no worries I didn't drive) and since I ended up drunk and starving (they go hand and hand, right?). I ended up have 2 pieces of pizza:blush: The good news is...I didn't eat any of the snacks and limited myself to two pieces. Plus, I had wine and not margaritas which are really full of sugar. None the less, I wish I had used a little more moderation. But it is my first week and I am a work in progress!!!! Plus, I did have a great time:P

On to the work out...

I enjoyed Kempo and found it challenging. I would have done much better if I didn't have a wine headache today! But I did force myself to do the whole dvd and I made it! I have a graduation party today, so I will have to try and keep on track better. Tomorrow is my stretch dvd which I am looking forward to because my legs are SORE! The rest of me seems okay...I mean I can tell I worked out...but my hamstrings are pretty sore/tight. I feel good. As I have said before I really am diggin these dvds and I went right back to my healthy eating today! Enjoy the weekend!

peace...

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/18 23:15

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### DAY 7 STRETCH X

Sunday was day 7...my last day of my first week. I did stretch X which I enjoyed, but to be honest I only did the first 30 min. This was the only dvd I cut short...sorry had a bbq that I was hosting and had to clean, run to the store, cooke, etc. Overall, my first week went well. I did all but the today to the fullest and my eating was better than it has been. I did have a few set backs with so many parties, but that is not the norm! Plus, I still tried to be smart when I could be;) )

I am currently doing the CLASSIC version, but may go crazy and do doubles for my first round with P90X! Classic and Doubles have the same first week, so I could easily jump into doubles at this point since I am about to enter my 2nd week. However, I would probably do it backwards...dvd in the am and cardio in the evening. I know how great cardio is in the AM but that is when I do my best and I would rather give it all to the dvd and do the extra cardio work out later. I get what I get from it (the extra cardio). If that makes sense? I just don't want to be so tired at night that I am half a\*\*ing it on the dvd. That is the whole point...the dvds! So that is my plan...dvd in the AM ...and the gym for cardio at night!

Hope everyone enjoyed their weekend!!!!

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## Re:Chub\*rock\'s P90X journal

Posted by Iskarp - 2008/05/19 09:25

Do it up man!!! I am not officially on the doubles plan, but I mix in the cardioX DVD here and there when I need a little extra. The alternative is a nice 3-5K run.

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I really like the Cardio DVD as it has a nice mix of disciplines. It is pretty short though which makes it a good supplemental.

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/19 11:57

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Les wrote:

Good job Chub  
good to see that you survived Yoga,  
what kind of lower back exercises do you add to your workout?

tomorrow is going to be fun. Kenpo! you get to kick and punch, I don't I like it, not as much as plyo but i like it.

Sorry Les I didn't see this earlier...thanks for the support! I did enjoy Kempo...really I have enjoyed them all...some harder than others...but I dig the program.

So about the low back...

so I usually just try to add in some exercises that don't require weight but offer stability/strength, since I don't feel like we do a lot for this area and often the low back is weak in everyone. I do it during the ab ripper (if I can't finish a certain exercises something OR after the dvd). Also, I throw some in on the back days as well. You could do some of the stuff Tony does for yoga or stretch x for the low back, but I usually just make up my own stuff since I know a lot of exercises from being in the health field for many moons...but I tried to find some you could look at...

<http://www.nismat.org/orthocor/programs/lowback/backex.html#Ex9>

[http://www.fda.gov/fdac/features/1998/298\\_exer.html](http://www.fda.gov/fdac/features/1998/298_exer.html)

\*\*\*don't really like the feet under the couch one, but the rest look good

Hope they help!!!!!!

THANKS Iskarp for the motivation! I haven't tried cardioX but I may throw it in or just hit the gym. But it's doubles for sure this week! Off to do chest and back...

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/19 22:37

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WEEK 2: Day 1 chest and back

So like I mentioned before...I planned to do classic, but I think I will do doubles instead. The first week is the same for both, so that doesn't matter. Or at least I will try to do doubles when I have time!

I am proud to say that I did even more push ups today. But the pull ups are still killing me. I do as many push ups as I can on my toes and then I do an immediate set on my knees. I do the pull ups with a chair and then I follow that up immediately with the TB while Tony and the crew finish up. I did the dvd in the AM since I have more energy. I did hit the gym today after work for some cardio. I rode my bike there and did the elliptical for 30 minutes followed by the ab ripper. I feel good. Not too tired. Clean eating went well today:cheer:

I need to rest up for Plyo tomorrow....

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## Re:Chub\*rock\'s P90X journal

Posted by Medikman - 2008/05/19 23:29

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Way to go on your first week. I don't think I am ready for doubles at this stage, but I plan on doing doubles after I finish the Classic program.

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/20 20:34

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Hey Medik! Hope your first day of Plyo went well!

Week 2: day 2 Plyo

This work out is by the far the hardest for me...I was sweating up a storm in my garge/work out area listneing to ol' school hip hop! It's great that it is week two and I just put the dvd on "silence and cues". I appreciate Tony and all, but don't always need to hear him talk! Today went well...pushed it harder...eating good. New goal is to drink 3 full things of my 32oz reusable water bottles a day (96oz total). Already drank two...got to go run and pee....lol:

peace...

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## Re:Chub\*rock\'s P90X journal

Posted by Medikman - 2008/05/20 23:56

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WOOT!!

Keep it up Chub. I think I might put in some music as well once I get used to the DVD's.

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## Re:Chub\*rock\'s P90X journal

Posted by Les - 2008/05/21 09:38

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I don't have the option of muting Tony as I do mine P90x from my Ipod and when converting the DVDs to mp4 i don't have option of choosing my audio track so i get option 1 which includes the comments. but in the sense it's better that way because at the gym i don't really have the visual aspect since the thing is strapped to my arm so the little pointers he's giving are helpful.

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## Re:Chub\*rock\'s P90X journal

Posted by Medikman - 2008/05/22 00:49

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Hey Chub!

How did it go today?

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/22 13:45

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Les wrote:

I don't have the option of muting Tony as I do mine P90x from my Ipod and when converting the DVDs to mp4 i don't have option of choosing my audio track so i get option 1 which includes the comments. but in the sense it's better that way because at the gym i don't really have the visual aspect since the thing is strapped to my arm so the little pointers he's giving are helpful.

I agree Les it would be better to actually hear Tony if you couldn't see him. Do you like doing it at the gym? My gym is

always so crowd, I think it would be hard for me.

HEY Medik! Things are still going well and I will go check in on your journal in a few...thanks for stoppin in!

WEEK 2: Day 3 Arms and Ab X DOUBLES (yesterday-late entry)

I didn't have time to get this in yesterday, but I did do the full work out. I even lifted a little heavier and was able to do a few more of those crazy one arm side push ups for your tris! The ab dvd seems to be going smoother as well. If I can't do a full set I just take a break or add in my own ab movement, so that I am still moving. Still adding in low back too. I rode my bike to the gym and did about 30min on the elliptical. One of these days I may try Cardio X, but since I have a gym membership I want to use it sometimes.

Eating went pretty well...for most of the day:S I work late today, so I went over to some friends house last night and ended up having a few too many! I did have some snacks they had out, but not a lot so I am glad about that. But those shots of tequila have left me with a headache :pinch: But no matter...it's my own fault...and I am about to go do 90min of yoga before I have to head to work! I may even do some cardio later to sweat out this alcohol! But I am on the right track today...eating is going well...which is good b/c usually after a night of drinking I lay around and eat junk (which taste so good hung over)! Yoga here I come...

peace...

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/22 15:28

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WEEK 2 DAY 4 YOGA

Okay well I made it for the first hour. Just was getting bored and my headache was worse with all the downward dogs! No more tequila during the week for me!!!! I think I will either hit up the gym after work or maybe try cardio X...tomorrow is a double and legs/back so I don't want to do too much...

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## Re:Chub\*rock\'s P90X journal

Posted by Medikman - 2008/05/23 00:45

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Hey Chub!

I think the first hour gives me the best workout, I can see how the downward dogs could give you a headache. I decided to listen to my Ipod while doing the Yoga today, it made the time go by way faster, the only problem was I had it on shuffle so when I was in the corpse pose a song by Paul Oakenfold came on. LOL not very relaxing :P

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/23 14:06

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Medikman wrote:

the only problem was I had it on shuffle so when I was in the corpse pose a song by Paul Oakenfold came on. LOL not very relaxing :P

:laugh: Thats pretty funny Medik! Hope legs and back went well for you today!

WEEK 2 DAY 5: LEGS/BACK and ABS DOUBLES

So I realized last night...as I was reading over the P90X training guide that I started my DOUBLES early. I guess you aren't suppose to do them until phase 2. But I feel great...so I'm rollin' with it!

Legs and back went good today. Did a few more reps and still can't do a pull up! Ha ha ha...but I use the chair and still do my pause method I mentioned before and do the bands too. Still adding some low back stuff too. Ab ripper went well and again when I can't finish something I just take a break and add in something of my own. Eating went well today and

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yesterday...which is good since I was hung over! Well be hitting up the gym later or maybe doing Cardio X...probably the gym...but we shall see...tomorrow is Kempo!

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/24 15:51

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Week 2: Day 6 Kenpo X

Woke up a lil' sore today. I have tight hips anyway, so I could really feel my IT band and piriformis are TIGHT! Yesterday was my DOUBLES Legs/back and I really pushed it. But Kenpo is just what I needed. I feel a lot better now that I am done. I also stretched a lot and used my foam roller. Got to listen to the body! This week I diff felt it more with doing doubles. Last night I hit up the gym and did 20 min on the elliptical and 10 min on the bike. I still need to try Cardio X sometime...maybe next week...Ã•m looking forward to stretch X tomorrow!

I'm also happy to say that Friday's eating went well. The weekends are the hardest for me, but I ate my usual clean P90x lay out and I didn't drink. Now I have been drinking, but I really have cut down. Plus I know it could possible sabotage all my hard work, so besides those tequila shots :blush: earlier this week...I'm back on track. I have to have a few some times. But I have great respect for the people who aren't drinking for the next 3 mnths! As long as I keep things in check I think I will be alright. I feel great after the near end of my 2 weeks! I do feel stronger and I think my clothes are fitting better. I also am still really looking forward to the work outs...which is huge for me! Like I said I worked out a lot before I start this, but I was getting bored and wasn't seeing the results I wanted. I'm so happy to feel excited again about getting fit!

Hope everyone has a great holiday weekend, keep on track, and be safeB) !

Peace....

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## Re:Chub\*rock\'s P90X journal

Posted by Medikman - 2008/05/24 23:42

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Nice Job Chub, good to see your still going strong.

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/25 15:35

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Thanks Medic and keep up the good work too!

WEEK 2 DAY 7 Stretch X

Today was stretch X and I needed it! It felt good to give my body a lil stretch and rest. Looking forward to chest and back and starting week 3!

My eating went well last night, which I am really happy about. Like I said before the weekends are tough for me...since I like to go out with my husband or hang with friends. Went to a friends house last night, ate a good dinner before I went, and brought cut up veggies and I made dip with low fat organic sour cream and dry italian dressing. It was a HIT! They had pizza and other snacks, but I wasn't really hungry and when I felt like munchin' I just had some raw veggies. Usually we all get together, people always bring snacks and alcohol and we watch sports, play poker, etc. So from now on I'm just going to bring a healthier snack...since we usually have a bunch of junk...chps and dip...nachos...pizza...all delicious of course! But not so good for my thighs. I also only had 2 glasses of wine. I saved my "snacks" that P90x plan allows me for the wine. Figure I would do an exchange.

Eating is the harderest for me...not really the work outs...since I have always been active. I have found it helpful...might be for others too...to keep a written food journal. I bought a little composition note book...4.5x3.25...so it fits in my purse. I went through and on each page wrote the date and exactly what I am allowed to have...for example...

Sunday May 25

6Prot:

2 dairy:

3 veg:

1 fruit:

2 condiments/1fat:

2 snacks:

1 carb:

So anyway I went and did this for the next 30 days. Each page has it's own day (I will do it for the next two phases as well). So I just go in and fill in the blanks. I find it so easy....just fill it in and cross it off as the day goes on...it really has helped me...I can see oh I already had all my dairy, but I need another protein. I know this is A LONG ENTRY. But thought it might help. It helps me!

Enough of that! Enjoy your holiday tomorrow everyone!

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## Re:Chub\*rock\'s P90X journal

Posted by Medikman - 2008/05/26 01:06

Hey Chub!

It's good to hear that the eating is getting better for you, I also think the eating it my hardest part. Next weekend will be tough for my diet. I have to spend Thurs, Fri, Sat, and Sun from 6am till 6pm out at the race track for the FIM World Superbike races to coordinate between my people and the track people. Not my idea of fun. I will make sure to pack my own food though so I'm not eating their Brats and Garlic Fries.

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## Re:Chub\*rock\'s P90X journal

Posted by Les - 2008/05/26 08:40

chub\*rock wrote:

I agree Les it would be better to actually hear Tony if you couldn't see him. Do you like doing it at the gym? My gym is always so crowd, I think it would be hard for me.

peace...

I have the videos on my ipod, so I can see the moves it just that when one converts the dvds to ipod the "normal" option is what's converted you don't get the option of Music an cues and others.

I need to go the gym, as i have to much distraction at home.

my gym is crowded to but i manage, I try to go when it's less crowded, plus i do the workouts that require space in other rooms or empty areas.

the only time I bump into other people is when i need to use the pull up bar, and someone is using the side pulleys to work on triceps

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/26 15:56

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Thank Medik! I think bringing your own food with be a huge hope. You have the right attitude going in, so it will work out well.

Thanks Les for getting back to me on the gym. I have been stopping by mine for cardio, but have yet to try the prg there. But it's good to know that it's an option!

### WEEK 3: DOUBLES CHEST/BACK ABS

Chest and back went well today. Really pushed it since it is week 3 and did more of pretty much everything. I used my yoga blocks for the push ups...since I don't have the fancy push up bars...and it was harder! Still cont with my pause and bands plus added in my low back...especially important for me...because my core is the weakest area for me. Ab ripper done:P

For the double part...I think my gym is open today...hmmm...not sure...but if not I will finally try Cardio X. Eating going well still. REALLY wanted pizza yesterday while the ol' ball and chain and I watched some movies. BUT I DIDN'T CAVE. VICTORY! ha ha ha!

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## Re:Chub\*rock\'s P90X journal

Posted by Medikman - 2008/05/27 01:12

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Sounds like your really destroying these workouts Chub. Keep it up!

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/27 02:41

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Thanks Medik! Appreciate the support!

For my double I tried doing Cardio X today...hmmm...I have to say...it was the least favorite of the dvds so far. Don't get me wrong it was okay...but once I got my heart rate up it was over! It was kind of short. But I did like that they had a mix of plyo and kenpo. I jogged for a few on my treadmill afterwards. But not too much...I have to save up for Plyo tomorrow!!!!

I also decided to make my own post workout shake after reading lots and lots of articles (and talking to my fitness friends). I have been just having protein shakes...which I will continue...but I will be having a postwork out shake now too. I'm sure the P90X one is good...but d\*mn it has a lot of calories in it! So I am going to make my own. I ordered some stuff from [www.bodybuilding.com](http://www.bodybuilding.com). It does suck to wait for delivery..but even with shipping and handling it is cheaper than GNC! They are a great site. Have order stuff from them for YEARS! So once my stuff comes in...it's on...

After much research...I will be using...

8-10oz of water  
1 scoop of MRM 100% all natural dutch choc whey protein  
NOW brand dextrose (about 4 tsp)  
EAS L-glutamine (5g)  
Prolab Creatine Monohydrate (5g)

Nutrition of my shake: 101 calories, 18g protein, 17.5g carbs, 1g fat\*\*\*I know it is recommended to have a 4:1 for carbs to prot but I am on the fat shred diet and didn't want to add in all those carbs or calories. Also the protein I take has a lot of Amino Acids in it including Leucine which my fitness friends say is important.

P90X nutrition: 220 calories, 10g protein, 43 carbs, 1g fat  
Besides the carbs...mine has the same amount of L-glutamine and creatine in it.

I'm excited to get my ingredients in the mail. I never took creatine before. I will be skipping the "loading" phase as the label calls it. Tony doesn't have anyone do that on his shakes, so I figure I will be fine. Plus, I heard taking too much

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creatine is what cause you to be extra bloated. I read a lot about it and it seems a lot of people don't believe the loading phase is necessary.

Time to catch some zzzzzzz....

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/27 16:02

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:laugh: WEEK3: Day 2 Plyo

I love plyo..it's hard..but it's great! I never make it through the whole work out without having to take my shirt off and finish up in my sports bra. My shirt is SOAKED! But I always have a great feeling of accomplishment! I did the whole thing and actually just used a medicine ball for my extra basketball drill (jump shot). I really want to push it since this is my last week before recovery!

Eating going well. I think I may change my postwork out drink. Usually I have a protein shake before I work out. But I think I will just have a half of one (studies have suggested having 10g prot before a work out is better than an empty stomach). Then I will just have the other half in my postwork out...so the prot:carb...before it's 1:1 (18:17.5)...now it's 1:2(9:17.5)...not P90X 1:4...but I am willing to try it! My stuff is still in the mail, so I will see how it goes once it gets in! The new nutrition: 60cal, 9prot, 17.5 carbs, fat 1g. Creatine and L-glu will be the same. Plus I will save money buy not using so much protein!

Hope everyone's week is going well!!!!

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## Re:Chub\*rock\'s P90X journal

Posted by Xavier - 2008/05/27 21:37

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Rock on Chub, i love plyo too because it makes you work it!!! I was soaked today too so i know what your talking about ;) . Keep on with the desire to shred those workouts into pieces!!! lol

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## Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/28 14:22

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Thanks X, we are both going to shred these work outs!

WEEK 3 DAY 3 ARMS and ABS DOUBLE

I love this dvd...I really do...did a few more reps and a lil more weight on a couple...or did bands when I usually do dumbbells. Just to switch it up and really brinin' it for my last week of phase 1 (well not counting the recovery week). Still adding low back to the ab ripper. Eating going well.

Plan to hit up the gym in a few hours for my cardio. Now I know I started DOUBLES early b/c apparently I can't read and I was suppose to wait until phase 2...but if it ain't broke than don't fix it! I have been doing about 20-30 min of cardio, so for phase two I will do 30-45min to increase it. I know phase 3 is 5 days of extra cardio(D\*MN, but I will worry about that later). I can't believe I am a few days away from my recovery week for phase 1! Man time flies...

Keep up the great work everyone! Peace...

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## Re:Chub\*rock\'s P90X journal

Posted by Les - 2008/05/28 17:56

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Way to go Chubster

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you're killing it, enjoy this week because next week is going to be nice nice but Phase 2 will be a whole new sets of resistance workout.

keep it up

Sparta bound!

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### Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/28 19:52

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Thanks Les appreciate the love! I am ready to be Queen of Sparta! Just got back from my cardio session. 30 min elliptical.

Yoga tomorrow...which I have always liked yoga...but d\*mn 90min is LONG! Okay I need to stop being negative!

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### Re:Chub\*rock\'s P90X journal

Posted by Medikman - 2008/05/29 01:01

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It's awesome how good you are doing Chub. You're gonna have to change your screen name :P Maybe try and split the Yoga up do half in the morning and half at night, that might make it seem shorter, or listen to music while your doing it, just make sure you don't have anything loud and fast on like I did. Rave music is not quite consistent with the whole relaxation thing. :)

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### Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/29 21:07

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#### WEEK 3: DAY 4 YOGA X

Thanks Medik and great advice! I made a more mellow mix today and did yoga to that! Huge difference and I made it...all 90mins! I felt a lil better in some of the poses. Plus, I wasn't hung over like last week...so that was a huge plus:P

Eating still good. Got my stuff today from bodybuilding.com. I really love that site! I ordered my stuff over the wkd (plus the holiday) and I got it today! Made my own recovery drink and it was very tasty! I'm still kind of on the fence about creatine...but that is what Tony has in his...so I will give it a try. All the research I have seen says you will be fine as long as you don't over do it. I will be taking 5g day. We shall see. If anyone has any insight or suggestions...please add in. Don't know much about women and creatine.

Hope all is well...on to legs tomorrow!

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### Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/30 15:02

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#### WEEK 3 DAY 5 Legs/Back and ABS

Work out went well. Really tried to push it with either more reps or weight since I am about to go into my first "recovery" week. Still stink at pull ups:S But it will come in time!

I have been doing doubles and will try my best to hit the gym tonight, but I am going out with friends so I'm not sure if I can squeeze it in. Will try my best. I'm the DD tonight, so that is good...will keep me on track with eating and not wasting all my calories on alcohol!

Eating still going well. Had my tasty homemade recovery drink today! Don't notice any side effects from the creatine.

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It's only been two days and I skipped the "loading" phase since Tony doesn't have anyone do that. So far so goodB)

Hope everyone is doing well and has a great weekend! peace...

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### Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/30 20:11

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:laugh: I finished up with my patients early and got out of WORK! Whoa! So I was able to squeeze in some cardio for my DOUBLE...I think I lost my mind...because I decide to skip the gym and go with Plyo! CRAZY I am! My leg felt like rubber after my AM leg/back session. I went slower than I normally do and I paced myself more. I ended up skipping the last 10 min just cuz I was SO TIRED and I have to save my energy for going out tonight! But I am proud that I really pushed it in the AM and PM! Tomorrow is Kenpo and then on to my "recovery" week! I can't wait to try out the new weight dvds!

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### Re:Chub\*rock\'s P90X journal

Posted by Les - 2008/05/31 06:15

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you did what?

Plyo the PM after Legs in the AM is indeed crazy, well I take it back you are an "Arcadian in the making" so I guess that's perfectly normal.

Enjoy Kenpo and don't get to bored next week as it is "a rest week" to our standards

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### Re:Chub\*rock\'s P90X journal

Posted by chub\*rock - 2008/05/31 15:05

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Thanks les! I got a question for you...you mentioned the "recovery" week. Did you follow it to a "T"? Or did you add in some cardio or the ab ripper? I know it's good to give the body a rest so it can come out hard in phase 2, but I'm afraid I will be bored. Anyone do any extra? Or am I just being a lil too in the zone and should slow my roll and follow the prg? Any suggestions are appreciate!

THANKS!

WEEK 3 DAY 6 KENPO

Just finished up Kenpo! I was really surprised my legs weren't killing me today...from my crazy day yesterday. Maybe takin my homemade recovery drink is really helping! Next stop my recovery week and on to phase 2! I will be starting a new log for that! This one is getting a lil long!

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