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## Del's daily log,..Whoohoo!

Posted by dhies - 2008/07/21 10:40

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So just completed Day 1. Consisted of chest and back plus ab ripper.

Kicked my butt and humbled me greatly. I am sore today and it feels GREAT!

I'll have my stats of how many reps I completed on each when I get home.

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## Re:Del's daily log,..Whoohoo!

Posted by he4dhuntr - 2008/07/21 10:58

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Keep up the great work! You'll love the results!

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## Re:Del's daily log,..Whoohoo!

Posted by dhies - 2008/07/22 10:50

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Day 2 was plyo. It really kicked my butt. I could only do 30 minutes before I collapsed. UGH!

I guess I'll have to substitute Cardio X for the time being till I can get into better shape.

My legs are a bit sore today from the Plyo yesterday.

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## Re:Del's daily log,..Whoohoo!

Posted by he4dhuntr - 2008/07/22 11:19

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Plyo is a killer. Just pace yourself, take breaks and do the modified moves at the start if you can't do the whole thing. Most people can't keep up with the tape the first few times around. Hang in there!

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## Re:Del's daily log,..Whoohoo!

Posted by dhies - 2008/07/22 11:28

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Would you suggest switching Plyo for Cardio X or should I stay with the Plyo and do the modified moves.

I did not try the modified moves on my first time with it.

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## Re:Del's daily log,..Whoohoo!

Posted by Krantze\_ - 2008/07/22 12:07

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Stick with plyo, you'll find it easier as you go along and it's "the mother" for a reason: it's key to getting in shape quickly.

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## Re:Del's daily log,..Whoohoo!

Posted by he4dhuntr - 2008/07/22 12:35

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I would do like Krantze said. Plyometrics is an intense cardio workout, no doubt the one that burns the most calories out of all the routines. It's definitely not a routine that I would sub out of the workout program. Do the modified moves, take

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breaks, pace yourself. You'll just get better and better as the weeks go on is the way I see it. Same with Ab Ripper and all the other routines.

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**Re:Del's daily log,..Whoohoo!**

Posted by abhinav1singhal - 2008/07/22 12:59

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you can skip others but not PLYO, its mother of all. keep a bucket with you , you will definitely sweat like mad.

Its a great feeling when u complete it.

Regards,  
Abhi

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**Re:Del's daily log,..Whoohoo!**

Posted by dhies - 2008/07/22 23:03

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Thanks guys!

Tomorrow I do Plyo again. I will complete it all the way through.

Day 3 went very well. I managed 8-12 reps on everything.

Ab Ripper was still way to intense to keep up with them in the video. I complete all the routines but not at 25 reps per routine. More along the lines of 15-20 per routine.

After, I had a nice chicken breast with baby spinach. YUM!

BRING IT!

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**Re:Del's daily log,..Whoohoo!**

Posted by dhies - 2008/07/22 23:08

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I totally forgot to do the fitness test....Oh well. Haha!

I guess I could do it on my rest day.

Whoops! :laugh:

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**Re:Del's daily log,..Whoohoo!**

Posted by dhies - 2008/07/25 09:06

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Alright day 3 I had to take the day off. I had a bad night and did not get much sleep.

Yesterday, I completed fully the Plyo routine. I feel great. It seems like it has worked out all of my soreness that I had from the days before.

It's a great workout and really is the X in P90X.

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## Re:Del's daily log,..Whoohoo!

Posted by Les - 2008/07/25 17:07

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Good job

I like your signature, a great motivator

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## Re:Del's daily log,..Whoohoo!

Posted by Les - 2008/07/25 17:08

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dhies wrote:

I totally forgot to do the fitness test....Oh well. Haha!

I guess I could do it on my rest day.

Whoops! :laugh:

I didn't do it either

Perhaps i was afraid to find out that I wasn't fit enough for P90X

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## Re:Del's daily log,..Whoohoo!

Posted by dhies - 2008/07/26 08:03

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I've been very bummed out the past few days and have skipped another day.

My girlfriend and I just broke up after 1 1/2 years. Still kinda bummed but I'm trying not to let it get to me. I fell pretty hard for her.

Anyway, I start again today.

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## Re:Del's daily log,..Whoohoo!

Posted by Les - 2008/07/27 12:56

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Wow that was a bomb.

Not turn this into a therapy session but keep your head up, and focus on the good time you had together. get back on the horse and remember that you must let it go for life goes on and things fall apart.

and yes you do have a great stress reliever i.e. P90X so use it.

Get well NOW!

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## Re:Del's daily log,..Whoohoo!

Posted by dhies - 2008/07/27 19:37

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Oh yeah, I'm starting back Monday. I just haven't eaten very well these past few days.

I just have not had an appetite.

I'm pretty much over it and will be back Monday full swing. It just kind of set me back for awhile.

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## Re:Del's daily log,..Whoohoo!

Posted by dhies - 2008/08/07 08:59

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Alright, haven't had a chance to update so here goes:

Just kinda started over with day 1. I averaged 8-10 per set with decently heavy weight. I didn't write it down. I forgot to.

Day 2 got to about the 15 minute remaining mark in Plyo and felt kinda dizzy so decided to stop early.

Day 3 averaged 8-10 reps, unless otherwise noted to do 16, with decent weight. Again, did not write anything down.

Day 4 completed Yoga X and I loved it. I felt so good and clear after I completed it. Just like a weight had been lifted off of my shoulders and the stress just left. Still feeling it today. This was the first time I had done Yoga in any form. I've done Pilates before but Yoga is a lot more fun and relaxing.

Well, today is day 5. Legs and Back today. Can't wait!

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## Re:Del's daily log,..Whoohoo!

Posted by dhies - 2008/08/07 21:47

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ALRIGHT! I feel great after the workout.

My legs are like jello but it feels great.

I absolutely despise wall squats but I've gotten better than the first time I did them. I was able to hold them about 75% of the way before going out.

The one-legged ones are a whole other story, though....

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## Re:Del's daily log,..Whoohoo!

Posted by dhies - 2008/10/15 10:36

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Ok, I've been EXTREMELY busy these last 1-2 months. I've finally gotten settled with my life and everything outside of school and work.

I'm going to start back on it today with Day 1.

I'm down to 215-220lbs! I've been watching what I eat but I haven't been working out.

How do you guys stay motivated? I need some of that right now. :P

I think I'm going to only be able to fit in maybe 4 workouts in a week. I'm going to stick with of course the actual workouts and probably yoga. I LOVE yoga. It's so calming and clears the mind and body.

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## Re:Del's daily log,..Whoohoo!

Posted by Skinny - 2008/10/15 23:13

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Hey man, good on you for not quitting altogether.

If you can only work-out four days/week, you need to figure out what your goals are and then choose the exercises accordingly. I'm sure people on this forum can give you great suggestions on which ones to incorporate (even though P90X is like an equation--you don't do one, you don't get all the results)

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## Re:Del's daily log,..Whoohoo!

Posted by dhies - 2008/10/16 10:30

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Well, I am thinking inside the 5 day work week and leaving out the weekends. :P I can fit'em all in now that I think about it.

Actually started with shoulders and arms yesterday. I did that because I want it to be a M/W/F for the actual weight routines, as those are my short days.

Finished ABX did an average of 15-20 reps per and finished with around 32 on the mason twist. Lost cont near the end of it. heh

Doing Yoga today.

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