
Fig\'s P90X Classic Journal

Posted by TheFig - 2008/05/22 02:30

I should have started a log from the 1st day, but didn't. I'll copy my first few posts here and take it from there.

Pre P90X:

What the hell I'll start on Monday too!

A little about me:

I'm 39, 5 foot 10 and was 190 lbs. Back in January I got a puppy and started walking the little guy 2 miles a day. I suddenly started losing some weight and decided to take advantage of it. I picked up a set of Bowflex Select Tech dumbbells and pull-up bar am now down to 175 lbs.

I'm not sure if I'm really fit enough yet to start the P90X program but have decided that I will and from previewing the DVD's, it looks like the pause button and alternate moves could be my friend if needed.

I look forward to hearing about everybodys progress.

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Day 1 is done.

Wow, that was quite an experience! I'll admit that I did NOT do the ab ripper tonight. I'm ok with that ... and might not include that until next Monday after I've run through the 1st week and have a better idea of what to expect.

I hit pause a few times tonight but never for more than 40 seconds or so. I found it to be nearly as much cardio as resistance training. At one point, my body was unable to decide whether it wanted to vomit or have a heart attack. It chose neither thankfully!

I have to use the chair to assist during the pull-up/chin-up routines; so I just force myself to do 10 reps of each but work as hard as I possibly can.

I am beat, but feel great!!

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Day 2

Plyometrics was a blast! My lungs were on fire right along with my legs. I "currently struggle" with cardio, and am looking forward to getting better with each workout.

Sleep will come easy tonight!

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Re:Fig\'s P90X Classic Journal

Posted by TheFig - 2008/05/22 02:41

Day 3

When I woke up this morning, you could have told me that elephants had been dancing on my legs all night long and I would have believed you!

Tonight was shoulders and arms. It didn't seem as difficult as the last two nights, but still more intense than the workout I had been doing.

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Re:Fig\'s P90X Classic Journal

Posted by Medikman - 2008/05/23 00:50

Good Job Fig

I loved the shoulders and arms workout, I agree with you about the Plyo it was a killer on the legs, mine felt like rubber for about a day.

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Re:Fig\'s P90X Classic Journal

Posted by TheFig - 2008/05/23 13:31

Our Lotus Notes server went down hard last night so I didn't get home from work until 3am which meant no yoga for me. I'll just make it up on my rest day (Sunday).

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Re:Fig\'s P90X Classic Journal

Posted by TheFig - 2008/06/05 20:48

No I haven't given up but neither has the bronchitis I've experienced for the last 2 weeks. :-(

Guess I'll just have to read through all the other posts and shoot for starting again on Monday the 9th.

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Re:Fig\'s P90X Classic Journal

Posted by Les - 2008/06/06 06:12

Fresh start with a healthy mind set

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Re:Fig\'s P90X Classic Journal

Posted by TheFig - 2008/06/06 12:27

Can't wait for the crap in my lungs to break up!

Cut the lawn this morning and almost passed out.

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