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## Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/03 17:22

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Well the first 2 days I had to back into what I was doing and tried not to drain myself the first time though. I did go after it aggressively, which makes me glad cause I know I'm working harder to achieve my goal.

### Day 3-Arms+Shoulders+Ab-Ripper

Well I really put alot of work into Arms+Shoulders. I still need to get some more weights, and a question. When one does Flip Grip Twist Tricep Kickbacks. I have to use a barbell thats kinda like the bowflex version but when I do what they do my arms kinda go farther out and I'm not sure whether Im doing them right or not, thoughts? The Ripper well i put alot into this workout to. I did as many as I could and paused the tape to get more reps in. having a lil trouble keeping my legs straight though, and having trouble doing Mason Twists, because I cant keep my legs up long enough so I've tried to modify it and the modification seems to work since I do feel a burn bnut this is jus temporary til i can get a stronger core.

Day 4 to come later tonight

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## Re:Glenn's P90X Daily Log Journey

Posted by Kevin - 2008/07/03 18:28

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Hi Glenn,

Glad to hear you're bringing it!!

On the tricep kickbacks, try to keep your elbows in as best as you can. Don't beat yourself up if you struggle with it at first. With time, it will become easier and it will feel more natural to keep the elbows in.

If you're using a bar for a barbell, you can also try another interesting trick...use a different grip in each hand and switch each hand to the other grip every two reps. You won't believe the burn! It happens because each arm has to additionally compensate for the other arm, which is using the other grip. Doesn't sound like it would do much at first, but give it a shot and see what you think. You can always do it the way Tony outlines in the video if it isn't your cup of tea. And you won't need much weight to get a burn, either!!

Hope this helps,

Kevin

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## Re:Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/03 18:56

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yes this helps lol I found out yesterday low weight still burn lol when I was doing it though I was rather worn since I'd been trying to max out on the 2nd go rounds on the earlier set. See when I do the TKBs the hand weight barbell is pretty long so i try and angle it out

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## Re:Glenn's P90X Daily Log Journey

Posted by Les - 2008/07/03 23:39

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Welcome back

your arms flaring is not bad if you can't help it, it just that you haven't mastered the move yet, but you try to keep close to your body.

as for the Ab Ripper; you should not modify anything for the fact that it Abs and core sore there isn't a true modified version of what's on tape. so for better result do the move as prescribed, and try to do them to the best of your abilities.

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just keep at it, 50 mason twists is my baseline now, 100 is just that 100 mason twists.

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## Re:Glenn's P90X Daily Log Journey

Posted by he4dhuntr - 2008/07/04 09:18

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Looks like you're doing great. Keep it up! I agree that for the Ab Ripper you do not need to be modifying the moves. Just do as many mason twists as you can, you really don't have to be doing all 50 that they do on the tape. Keep your legs up as long as you can, do the twists, once you have to stop, take a little break and jump back in and finish with them if you can. Trust me, we've all taken little breaks during Ab Ripper, but soon enough those breaks will get less frequent and shorter and before you know it you won't be taking any at all. Just keep with it. There's no requirement to do all the reps, just do as many as you can properly.

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## Re:Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/04 16:36

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Day 4  
Yoga-X

Well took me long enough and I finally pressed play! lol Had a really good work-out, had some trouble with some moves, but got through most of them well, still need to get stronger for crane so I don't fall on my head. But otherwise did great.

Day 5 later tonight!

Also Thanks For the Advice. Especially for the Ab-Ripper, I won't modify and jus pause the tape to get in a few more reps.

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## Re:Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/05 15:46

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Day 5  
Legs+Back+Ab Ripper

Legs and back I struggles some. Alright with lunges, is my leg suppose to be straight back or with a little bend in it? I did the workout straight the whole time, and when i glanced at the vid, his leg was bent in a way. Wall squats, felt a good burn, but had problems keeping at 90 degrees when 1-legged squats came.

Ab Ripper-Well I took yalls advice and decided to jus do the best I cold on Mason Twists, still need practice of coarse but otherwise did a few, but my form at times was very sloppy and I looked like I was in a White Water Rafting Trip lol

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## Re:Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/07 01:32

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Day 6  
Kenpo

I had a good day. Not much I can say except It was enjoyable, I was able to complete most of the reps right. The last exercise I got sloppy towards 70 but at first who isnt? Otherwise I did really well.

Day 7

Rest/Stretch

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I might rest unless I just decide to do it later on

Alright Week 1 in the Books and I'm Feeling Great!

Adjustments/Things I need to do to be More Successful this Week:

- Get some more Proper Weight-Dumbbells-weights-etc
- Try to match or exceed my current reps/add more weight if needed
- Keep Bringing It and Pressing Play

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## Re:Glenn's P90X Daily Log Journey

Posted by he4dhuntr - 2008/07/07 09:16

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Sounds like you're doing great and on track! Keep up the great work!

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## Re:Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/09 02:48

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he4dhuntr wrote:

Sounds like you're doing great and on track! Keep up the great work!

Thanks good to here from someone else now and then, lol once i push play I set my goal of not stopping and so far haven't..Well except when I need to catch my breath lol

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## Re:Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/09 02:57

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Day 8

Chest and Back +Ab Ripper

Probably hurt myself going harder than usual in the first round, did more standard push-ups but the next 2 excerses were affected. Then towards the end tweaked my wrist, but kept trying my best at completing the other exercises(luckily there were only 2 left requiring much involvement of the wrist. But otherwise felt the Great relief of being soar after, then Ab Ripper Came...

Probably the worst Ab Rippin Performance for the books(Prolly cause I didn't stretch on the rest day) but I was barely getting 10 and having to stop the tape, and on Scissors gotta improve and Mason Twists tried my best to keep my body up which had to pause a few times, but I did get a burn outta the Ripper, but Personally Not my best day

Day 9

PLYOMETRICS

Loved the Work-out today! Did most I could and left most-if-all of it on the mat out there, felt really proud since the day before as you read not exactly the best day. Really worked look like I went swimming afterwards lol but all-in-all A Very Good Work-Out! :)

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## Re:Glenn's P90X Daily Log Journey

Posted by he4dhuntr - 2008/07/09 09:19

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If you're having wrist issues on the pushups you might want to look into getting some pushup bars, they take a lot of

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strain off of the wrists. Just a suggestion if you want.

Fifer Scissors is one of the harder (for me the hardest) moves in the Ab Ripper routine according to me. It took me quite a few stabs at the Ab Ripper routine before I did it with no breaks, especially fifer scissors and "heels to the heavens". Don't beat yourself up over it, it's not big deal. You'll get better with time and be ripping through the workout soon!

I don't think it's the no stretching that had you do less reps on the ab ripper. It might be that your muscles are just tired and not used to doing abs every two days yet. Just give it time and try your best. Make sure you're in the right frame of mind too! Your mind usually gives up quite a bit before your muscles actually do.

Keep up the great work!

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## Re:Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/09 14:20

he4dhuntr wrote:

If you're having wrist issues on the pushups you might want to look into getting some pushup bars, they take a lot of strain off of the wrists. Just a suggestion if you want.

Fifer Scissors is one of the harder (for me the hardest) moves in the Ab Ripper routine according to me. It took me quite a few stabs at the Ab Ripper routine before I did it with no breaks, especially fifer scissors and "heels to the heavens". Don't beat yourself up over it, it's not big deal. You'll get better with time and be ripping through the workout soon!

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Keep up the great work!

Thanks yeah the scissors are jus ugh right now lol. I use dumbbells as push-up bars like tony suggested, good or should I get Push-up bars- I know they would give me a few more inches when i get stronger and need to go deeper to get better

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## Re:Glenn's P90X Daily Log Journey

Posted by he4dhuntr - 2008/07/09 14:31

I don't use pushup bars. I just do the pushups on the floor. If you want the added depth, then go for it. I was thinking more for your wrists than anything else.

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## Re:Glenn's P90X Daily Log Journey

Posted by Les - 2008/07/09 19:20

he4dhuntr wrote:

Fifer Scissors is one of the harder (for me the hardest) moves in the Ab Ripper routine according to me.

I agree wholeheartedly

after 5 months of P90X i'm still getting my ass kicked by fifer scissors there are very few times i went the entire 25 reps.

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## Re:Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/09 23:18

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Day 10

Arms and Shoulders and AB Ripper

Actually did this work-out before sundown :D Moved up in weight for most or did more reps. Did really good throughout the work-out, still struggling with the flip-triceps thing( last set of exercises) might need to buy dumbbells specially for this exercise since the bars I'm using are to large so I have to angle it out, but otherwise like I said earlier. Decided to do the Bonus round and may have sprained my forearm doing the first exercise, but maybe I'm just soar and will know with the next few days.

AB-Ripper

Ok Day, did better than the last Ab Ripping Day, was able to keep my form pretty solid, getting better with Mason twists, now able to hold my own for 10-15 secs (not the best but it's improvement :) )

Tomorrow Yoga

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/11 16:44

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Day 11

Yoga

Did great yesterday, was able to keep up with most of the moves, only one I'm not able to do is the Toe Lock, and Crane, everything else I can pretty much do. Really my favorite part is toward the end when your pretty much jus stretching. Lol think Drank 2 much water for afterwards felt a little sickish. Others Like I stated Great Work-Out.

Later 2 day Legs + Back

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/12 15:06

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Day 12

Legs and Back + Ab Ripper

Did very well through out the work-out, need to still work on things im struggling with(1 legged Squats, 1 leg lunges, etc) not sure if I'm doing them right(have a bad habit of my knew going over the foot) and such. Other than that went good still using assistant with pull-ups.

Ab-Ripper

My best work-out so far, felt the burn, like nobody's business lol the only exercise I find that I'm makin no progress in is the oblique V-Ups(where u push up with you arms) I have trouble pushing my self up and keeping my legs straight and out and such. As far as Mason Twists, I'm getting better, haven't hit the floor consistently but have been able to keep my legs up.

later Kenpo-X

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/14 02:21

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Day 13

Kenpo

Didn't feel right for some reason today. Felt Like I was just missing something, maybe and some energy. Completed the work-out nicely, but not as well as I'd like, more of a sluggish start to say the least.

But continuing to push play, makin the difference.

Day 14

Rest

-Pretty Much sums it up lol

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/16 13:58

Day 15

Chest and Back + Ab Ripper

Chest and Back I gave pretty much all I had. Each and every exercise I did was to the max, and I was able to keep it up the next round :), not the numbers but the work-ethic lol.

Ab Ripper

Wasn't able to do as well as I did Friday, but wasn't that much of a downfall. I've set a goal for now to at least get around 10-20 reps for each exercise. The same things I'm presently struggling with(Scissors,Oblique V-Ups, Mason Twists)

Day 16

Plyometrics

Had a good work-out. Ran out of breath earlier than I expected in some parts, but was pushing my intensity up a little more. My lunges were questionable-meaning I was straight but wasn't sure if I were going low enough. This did go by faster than I thought, lol enjoyment goes by fast.

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Les - 2008/07/17 09:44

Keep it up, it just get better and better.

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/18 18:42

Les wrote:

Keep it up, it just get better and better.

That is a true statement :)

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/18 18:47

Day 17

Arms and Shoulders + Ab Ripper

Did pretty well. Like my other workouts trying to push my limits since most of some of these I won't be doing again for 6 weeks. Was able to increase my reps by at least 2. So was Happy with the Work-out. :)

Ab-Ripper

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Getting better. I finally figured out the oblique V-ups after 2 weeks lol. But beside that, still striving to do better at mason twists.

Day 18

Yoga

Probably not the best yoga performance, felt kind of sluggish with some of the moves. But got better towards the end. Getting better with most the moves, not able to do toe lock yet, with tree, and of coarse crane.

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## Re:Glenn\'s P90X Daily Log Journey

Posted by kpmp64 - 2008/07/19 13:00

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Keep rocking it Glenn. Way to push the reps up high

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/23 03:34

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kpmp64 wrote:

Keep rocking it Glenn. Way to push the reps up high  
Thanks Motivation like this helps :)

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/23 03:47

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Day 19

Legs and Back +Ab Ripper

Like I said earlier, Pushing my reps to the max since some of these I won't be doing for 6 weeks lol. Did very Well, still struggling to keep way with 1 legged squats. Good Work-out Overall.

Ab Ripper

I'm glad I get a weeks break of this lol Now I'm gonna miss it.

Have gotten better, I've started setting goals for each set around 10-20. Mason Twists are getting better, sloppiness is getting better lol.

Day 20 + 21

Kenpo+Rest Day

I was kinda disappointed at what ocured. I was not able to start the work-out because of various events through out the day. Tried again Sunday but was jus BLAH! So I ended up not doing it.

Day 22

Yoga

Alright I will admit. I wasn't exactly liking that I had to do over and hour and a half of it, so I ended up being lazy and not pushing play. But I think since i didn't do yoga I'm going to do X-stretch Sunday.

Day 22

Core Syn.

I finally Pushed play again, and my lazyness was effecting. Didn't exactly do everything right, maybe banana lol, but was kind of confused through out most of it. Yes It was a hell of a cardio work out though-not like Plyo but around the vicinity. But wasn't a total disappointment-yes not like I'd like it to be-but it was my first time so who wouldn't make some

mistakes. Look Forward to Kenpo tomrrow :D

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/07/25 22:50

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Day 23  
Kenpo

LoL Finally Got Back in Rhythm! This Time Was the Best I've Ever did in Kenpo-Up to date. I was able to keep up with almost every rep. So Overall you could Guess I really Enjoyed the Workout lol

Day 24  
X-Stretch

Forgot How well this actually feels. Enjoyed it Still trying to balance on plough though other than that went great :)

L8r Core Sny.

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/08/09 18:44

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Alright Havent been on in a while so Im not going to individually post everyday so far. But I Did Complete My Recovery Week, but had to skip my first week of phase 2 for reasons. Currently Doing Doubles Monday Wednesday and Friday. Pretty Much done with Week 1 in Phase 2 except for Kenpo I'll be doing l8r. This First Week of Phase 2 has been hard. The Work-outs R InTense! My Arms are sore as heck! But I'm Jus Adjusting :) lol But I am keeping With it and Pressing Play, So Try and Post L8r.

-Peace

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Les - 2008/08/11 10:51

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keep it up!

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/08/13 03:11

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Alright So Did Kenpo Saturday and took Sunday as A Rest Day.

Monday  
Didn't Do Cardio  
Did Regular Work-Out

And About Died From Push-Ups LoL. Arms were sore afterwards. Having Probs with consistency on doing push-ups without the modifies. I Still Feel the Burn but is it Bad That I Can't Do Regular Style instead of Modified?

Ab Ripper  
Getting better, I can now do about 3 of the exercises completely to 25!  
Mason Twists Getting Better, Scissors! Ugh Coming along though lol

Tuesday  
Plyometrics

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For Some Reason Jus Didn't have the energy I usually have, Might Have been because I was hungry when I started :). have a bad habbit of trying not to eat an hour before work-outs but sometimes go a few hours instead, but trying to Improve. Plyo Worked a Sweat, and Unsure about whether My Endurance is Improving, I've noticed I've gotten faster and can jump a little high but guess I'll Find out Later.

L8r Today

Triceps and back I Believe

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## Re:Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/08/16 02:41

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Alright My Work-Out This Time With Triceps and Back Went Better than Last Week. I set goals after each week to at least go up by 1 rep in each categories, and most I did! Ab Ripper Still The Same, Scissors and Such, kicking my butt lol.

Instead of yoga this week I Did X-Stretch, jus didn't have the time for yoga. But Felt great through the work-out and the next day even Better :)

Legs-And-Back

Had some Extra motivation today! So Went into my work-out swinging. And For the First Time, Did NOT PAUSE THE DVD ALL THE WAY THOUGH-EVEN AB RIPPER! I love It! For the First TIme I Was Able to Do It. Gave Me a Boost thats For Sure. Only having trouble with the first lunges, 1 legged wall squats, and doing my pull-ups(Still Doing Assist). but Other Wise Full Throttle.

Ab Ripper

Didn't Do as Many Reps as usual. Usually i take a 5-10 min break after each routine to let my body rest for a few secs and such. But I Did Feel the burn which is Still Good. :)

-Sorry bout Disorganized Fashion, Will Be Better Next Week.

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## Re:Glenn's P90X Daily Log Journey

Posted by Les - 2008/08/16 16:41

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you my friend are Sparta bound.

we're waiting for you

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## Re:Glenn's P90X Daily Log Journey

Posted by Football\_fanatic - 2008/08/17 12:40

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Les wrote:

you my friend are Sparta bound.

we're waiting for you

It's Good to Hear, next Week is my last for Phase 2 and then Recovery, So This Week I'll Be Working My Hardest to Max Out!

And :woohoo: Can't Wait to Be There...But Must Overcome the Last Obstacles Ahead

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## Re:Glenn's P90X Daily Log Journey

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Posted by Football\_fanatic - 2008/08/17 12:43

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Alright Completed Kenpo.

Was Kind of Sluggish at first, but then got rockin in it! Was Going at it real good but kinda banged my joints in my arms so had to tone down a bit but the burn and sweat was still there! Only Paused a couple of times to get water(Usually around break)-Feels Great

1 More Week! Then On To Recovery and the Final Road

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/08/20 00:10

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Day 43

Chest, Shoulders and Triceps With Ab Ripper

Alright Being My Last Week in Phase 2, I Turned Up the Intensity trying to Increase My Reps and Bring It! For Most of the Exercises, I increase by at least 1 or more. I Brought It and Some, by the end of it I was tired and sweaty as heck, Not to Mention I also Got through this Work-Out With-Out Stopping Again, YES!

Ab-Ripper

Alright So I Had to Speed this Up a bit and didn't get what I usually Wanted but got a consistent burn til the end. Pretty Much When I Reached My Limit I'd Give Myself a few seconds rest and fast forward. Not Kidding When I Felt the burn throughout the whole video because of it, but next time, just following the Schedule or doing it Earlier.

Day 44

Plyometrics

Alrighty The Mother of All P90X! Came In kind of Sluggish, but the warm-up quickly got me straight. Was able to do the first Series without much trouble but got a little winded doing reach jumps, but was finally touching the floor for the jumper 180 things. Through Most of the Work-Put I was Only doing Modify's for the 2nd time, but kept it coming. On Rock star hops still Struggling with keeping my legs up long enough and jump knee tucks as well. And For Some Reason during the beginning I somehow slightly sprain my ankle doing the the jumps. But Other Wise only paused twice on the work-out for a little more break.

Tomorrow Biceps and Back Day 45

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/08/23 02:50

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Day 45

Backs and Biceps

Like most work-outs, tried improving every routine by 1 rep at least otherwise reaching at least what I did before. Really Brought it in the Work-out, Felt Like I Was going through a transition during the work-out, Guess it knew it was halfway lol.

AB Ripper

Getting better, My Goal Now is get between 15-20 for each exercise.  
Mason Twists Getting Better actually held it for over 20 secs at one point :)

Day 46

Substituted X-Stretch for Yoga

Jus Not enough time to complete yoga again, really need to get back on it though. Jus what I needed though, muscles

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were sore and after this felt really good :)

Day 47  
Legs and Back

This Work-out is Getting a little easier! I'm starting to get with wall squats without coming out early(1 legged still struggling at moment) This routine is coming along nicely. Otherwise everything else was pretty goof, came out some of the balance moves but got back into it.

AB Ripper

Not as well as Wednesday, but still feeling a burn. Scissors are really the only ones I'm struggling with(Mason's 2, but not as much)  
Otherwise Went Smoothly through this work-out

Later Today Kenpo!

Then On to My Last Recovery in Phase 2:woohoo: Can't Wait then ONWARD TO SPARTA!

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/08/31 00:48

DNCRW

- Did Not Complete Recovery Week

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Football\_fanatic - 2008/09/06 10:17

Alright so this week has been really slow for me. But I have stuck 2 my work-outs except I missed yoga so doing do X-Stretch on Sunday.

I'm not completely sure missing recovery hurt me or not cause when I went to do push-ups again(Final Phase)-I could only knock-out a few at a time(got to about 19-20, in a 4-5 rep push) and found out I was doing military push-ups wrong, so went into assist to get better. AB Ripper is getting better, trying to get 20 for each one now. 1 thing that made me feel thankful 4 doing work-outs is dropping 2 pant sizes, and a shirt size. I haven't lost much, though I lost 10 lbs but found out it was actually 7 and the the scale at my house was off 10lbs(weighed 245 at home, and 252 at doctor's). But otherwise I have been keeping with the work-out and have not quit.

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## Re:Glenn\'s P90X Daily Log Journey

Posted by Big Papa - 2008/09/06 10:24

Dude - 2 pant sizes is AWESOME results. Congrats - Big Papa

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