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## Guinness\' Log

Posted by Guinness - 2008/05/26 21:31

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It was hard. Real hard. The diamond push-ups were a bitch, but I made it through all the excercises. Although by round two my arms were jello.

I almost puked during the ab-ripper routine..that is going to take some time. All in all..I made it. Plyo tomorrow...ugggh.

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## Re:Guinness\' Log

Posted by tmaj2004 - 2008/05/26 21:52

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Guinness wrote:

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Pace...your...self =)

If your arms are feelings like jello and you can't do anything 2nd round, ease up the first rounds.

It's about lasting the whole time and doing your best, yes: but you have to pace yourself.

I haven't worked out in...man...a year and started this program.

If I can do it, ANYONE can do it. It's mental too. Do whatever you can. If you can't keep up with their pace, do your own pace. If you need to stop at 7 secs left, stop at 7 secs left, breath, and get ready for the next work out. No pain, no game.

Day 9 for me is complete...and let me tell you..I'm no leg person...but 2nd round of cardio after week 1 felt great.

Stick to it and no cheating! My face already has thinned a bit in a week!! =)

Keep it up and hopefully some of my words have helped!

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## Re:Guinness\' Log

Posted by chub\*rock - 2008/05/26 22:30

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Way to hang in there and finish it! I can't wait to hear what you have to say about Plyo tomorrow! The diamond push ups do suck!!!!

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## Re:Guinness\' Log

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

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Guinness wrote:

It was hard. Real hard. The diamond push-ups were a bitch, but I made it through all the excercises. Although by round two my arms were jello.

I almost puked during the ab-ripper routine..that is going to take some time. All in all..I made it. Plyo tomorrow...ugggh.

WOOT! Day 1 is in the books, just think you did something today that a lot of people wouldn't attempt. Keep it going we'll all get through this together

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## Re:Guinness\' Log

Posted by Ryno88 - 2008/05/27 12:52

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Good job Guinness! Keep up the good work. I hear ya on the diet. It is tough for me too but I am starting to find things that

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I can mix together to make them taste better. I added a little fresh salsa to my salads and vegetables. Sounds strange but is actually pretty tasty. You will find it gets easier as the week progresses.  
Good luck with Plyo X!

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## Re:Guinness\' Log

Posted by Ryno88 - 2008/05/27 13:00

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Never mind about the diet, you didn't mention anything about the diet. I must have been thinking about another thread. But Salsa in the salad is good!

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## Re:Guinness\' Log

Posted by Guinness - 2008/05/27 18:12

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I think I may have mentioned my love of beer, pizza and wings in another thread. Either way, it's a good segway into what I'm eating. Today I had an egg white omlet and 8oz of 1% cottage cheese and a Banana for breakfast. A slice of whole grain bread for a snack and a salad for lunch (no dressing). For dinner I had 12oz of lean pork cutlets with a side of steamed asparagas, zucchini and yellow squash.

Plyo happens in one hour.

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## Re:Guinness\' Log

Posted by Guinness - 2008/05/27 21:03

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Just finished up plyometrics. I think I did pretty well. My muscles began to fatigue before my cardio. I hit pause about 5 times and each time it was for 30 sec or less. Some of the difficult exercises were the "hot foot" toward the end. I ended up switching between left and right more frequently than the video and the "rock star" jumps. I think by the last set of those I looked more like Peter Falk than Peter Townsend. I pushed through and finished everything including the baseball, basketball and football excercises (which came as a relief at that point in time). I can feel the tension in my hamstrings and the arches of my feet. I took extra time to stretch out afterwards, but I'm going to feel it tomorrow.

Felt good though.

Time for my casien protien shake and then bed.

Onto shoulders, arms and ab ripper tomorrow.

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## Re:Guinness\' Log

Posted by Xavier - 2008/05/27 21:29

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awesome job guinness, i felt like puking yesterday on chest and back workout about half ways of the second part. It was super hard cause i didn't pace myself in the first part (thought i was a big shot and kept up or even did more than the guys in the video :P ). See your not the only one out there, there are a lot of people in your situation. I know we will get more comfortable with the routines as we progress.

Man o Man, so what did you think about plyo? You know what i thought. I thought it was pretty kick a\*\* awesome ;) !! i loved the whole workout as i am not a leg person (i work out my upper body more with curlups and pushups "i love diamond Pushups!!"). You can check my daily log to see what i thought of it right after i finished. Anyways plyo was super great. I am very sore right now from doing it this morning. Well i wish you and myself good luck for shoulders arms and ab ripper x tommorrow!!

Xavier

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## Re:Guinness\' Log

Posted by Guinness - 2008/05/28 20:29

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Plyo was pretty kick ass, in a sick way I'm looking forward to it the next time around.

Just finished arms and shoulders & ab ripper. I really got a lot out of the arms and shoulders routine. I paced myself and used weights ranging between 25-35 pounds all reps were between 8-10. I finished everything except those one arm tri-pushups. I felt as if I was going to hurt my shoulder, so I substituted with the chair dips. I just pushed out as many dips as I could until complete fatigue because it was the end of the excercises anyway.

I wasn't feeling it with the ab ripper so much. I don't know if it was because I put so much into the regular routine, but I definately dogged it a bit through the abs. I'll have to remember to put forth more effort on friday.

All in all. It was a good workout. I can definately feel it when I'm done.

FYI: Meals today

Breakfast-Banana & 1% cottage cheese

Snack- Pistachios

Lunch- Salad topped with 1% cottage cheese

Snack- low fat string cheese

Dinner- Boneless skinless lemon/pepper chicken and steamed veggies.

Afterworkout- Cellmass and Casein & Whey/fat free milk shake.

I don't know if anyone else is on this high protien/low fat ruffage diet, but MAN am I gassy! lol

til tomorrow folks.

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## Re:Guinness\' Log

Posted by Guinness - 2008/05/29 21:39

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Just finished Yoga X. To anyone just starting...DO NOT SKIP THIS DISC. I wasn't completely sold on it when I previewed it, but man...it was no joke. Lots of balance and core excercises and you can definately feel all the stabilization that your body does to compensate. I finished it out and feel pretty good about the whole thing. It wasn't easy in any sense of the word though (except the last 5 minutes)

Food today:

B- Casein/soy milk shake, banana and 1/2 a cantelope.

S- Some kind of low fat almond, honey, flax bar & 2 oz.of cashews

L- Salad with a glob of tunafish on top W/basalmic dressing.

S- Banana and the other 1/2 cantelope.

D- Shrimp and veggie stirfry

Post workout:

Cellmass drink

Whey/strawberry/banana no-fat milkshake.

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In an hour I'll have another casein shake before bed.

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## Re:Guinness\' Log

Posted by Les - 2008/05/30 08:46

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You doing great man.  
enjoy the leg and Back workout

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## Re:Guinness\' Log

Posted by Guinness - 2008/05/31 13:05

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Well friday turned into an unexpedly long day, so I finsihed legs and back this morning plus ab ripper. I went nuts on the legs and back and found a second wind and did really well on the ab ripper. Although abs are definately my weak point in all of this.

Tomorrow I'm going to double up Kenpo and stretching.

Food yesterday:

B- Egg white omlet & grapefruit

S- Whey shake

L- Salad with basalmic and olive oil

S- String cheese

D- Pork cutlets, asparagas and steamed squash

Casein shake before bed.

Today:

B- Egg white omlet (western style)

S- cottage cheese 1%

(completed my workout Legs and back)- pre-workout NO-Xplode, post workout-Syntha 6 protien shake.

L- Chef's salad

S- Yogurt with fresh peaches

D- I'm going to have a turkey burger for dinner with long grain wild rice.

Tomorrow- Kenpo and stretch

Maybe it's an illusion, but I think I am actually seeing some differences in the mirror. Since starting monday, I've dropped 3 pounds.

Peace.

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## Re:Guinness\' Log

Posted by Guinness - 2008/06/01 21:05

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Just finished Kenpo (So now I'm caught up for the week). It was a solid work out. I was sweating a lot, my form is awful, but I was able to keep up with everyone. I can feel my body adapting to everthing easier.

Food today:

B- Cantelope & 1% cottage cheese

S- Yogurt mixed with my strawberry whey and fresh peaches (WOW, this was really good) I've found my new favorite snack.

L- Salad with basalmic vinegar

S- Grapefruit & banana

D- Grilled boneless skinless chicken breast with long grain wild rice.

I can't wait until the fat shredder part of this diet is over!

Followed up my workout with my cell mass drink and casein/banana shake

I'm interested to see if I'll have any gains in chest and back tomorrow.

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## Re:Guinness\' Log

Posted by Guinness - 2008/06/02 21:25

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To quote Rick Flair: "Wooooooo!"

I increased my weights for chest and back, plus I added reps in the pull-ups. My weights went up in five pound increments and my pull-up reps increased between 3-5 per routine. Once again, the diamond push-ups were the bane of my workout. Although I did increase the reps on them from last week (from 5 to 7 in both rounds). I do my best to touch my chest to my hands and it's just damn hard. I have to remind myself "Form over numbers" though.

Ab ripper was brutal as usual, but I'm getting better. I'll be feeling it tomorrow.

Feeling stronger everyday.

Food today:

B- Whey & Banana 1% milk shake

S- Whole wheat english muffin w/light smart balance spread

L- Chefs salad with Lt. Ranch dressing

S- Banana & cantelope

D- Roasted chicken thighs and long grain rice w/green beans

Pre-workout: Syntha-6 protein shake & NO-Xplode

Post-workout: Cellmass & Casein protien shake.

Plyo tomorrow...Is it sick that I'm looking forward to it?

Keep pushing it everyone!

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## Re:Guinness\' Log

Posted by Trombles - 2008/06/03 18:34

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Well done Guinness! I feel your pain with the Diamond Push-ups! Keep on pushin'

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## Re:Guinness\' Log

Posted by Les - 2008/06/03 21:02

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good Job man

you're killing stay focused and as you know it gets better

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## Re:Guinness\' Log

Posted by Guinness - 2008/06/04 18:43

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Hey folks...I didn't post yesterday, but it's not because I skipped plyo, as a matter of fact, I imporved drastically from last week. I hit pause twice (as opposed to 5-6 times like week1). I was sweatng like an animal and I was in my zone. Afterwards..unwound and passed out (hense the lack of a post).

Today I ripped through the shoulders and arms. Just like chest and back, I increased my weights from 5 to as much as 10 pounds (ex. the alt. shoulder press I went from 25's to 35's)and my reps stayed the same for the most part, some went down with the higher weights, but I'm lifting for size, so it's all good. Nothing was lower than a (struggling) 8-count.

Ab-ribber is still torture but I'm definately seeing improvements. I still have to take frequent breaks, but I make it to 25 for each excercise.

Pushing through the pain!

Keep going strong Class of August 25-ish!

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## Re:Guinness\' Log

Posted by Guinness - 2008/06/08 12:33

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I haven't posted in a few days, but that's because I've been busy with graduations and a wedding...I'm caught up on everything though except kenpo & yoga. Tonight I will do yoga 1st and more than likely just go right into the kenpo routine.

My progress has been great though, I crushed legs and back and I've lost an inch off my waist already. I can see gains in my muscle tone (don't worry folks, eventually I will post before and afters on here)

All and all, I'm sticking to this diet with a few cheats here and there (beers) but I've all but eliminated sugars and fatty foods.

Keep it up everyone...it's working and I'm only two weeks into it!

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