
Krantze\'s Log

Posted by Krantze_ - 2008/06/20 23:23

Well, I guess it's better late than never!

Week 6: Day 2

Today I did plyo and killed it! I was really pumped for it and totally brought it. You know when your doing jump knee tucks and the guy in the back is jumping non stop for 30 seconds? Yea I did that, along with the all the extreme rock star hops. I felt so good afterwards. Mainly because I know that before when he started doing that I'd be like you bastard! How is that possible?? Today I was just in the mood for plyo, which you have to be to not be like screw it I'm tired.

Anyways, tomorrow's back and biceps, one of my favorites. I pretty much like all of the workouts that you do pull ups on. I'm so proud of my results so far that I just love doing pull ups (I guess since I couldn't before, and usually embarrassed myself when I tried).

Thats all for now, I know I'm gonna sleep great tonight!

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Re:Krantze\'s Log

Posted by Les - 2008/06/23 09:02

Plyo is your ticket to Sparta, and you sir are the proud recipient of a bonus round

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Re:Krantze\'s Log

Posted by he4dhuntr - 2008/06/23 15:52

You sound like you're super motivated and happy with how the workout's going! Some very encouraging stuff. I'm in my 3rd week right now (just started week 3 today) and I'm loving it too! Can't wait to see how I'm doing once I get to where you are! Keep up the great work!

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/06/23 17:28

Thanks guys!

Days 3, 4, and 5

Back and biceps went great. I'm finally writing everything down on the worksheets and it makes a huuge difference. It's nice to see your progress, along with count how many pull ups you do throughout the workout. After the workout, as with all the back workouts, I continued to do pull ups throughout the day just to get the best back workout possible. That's kinda my new thing.

I skipped yoga yesterday because my cousin and uncle came to visit. I don't really care, but I'm starting to want to be a little more flexible. Like to be able to really straighten my leg thats up during fifer scissors, or to be able to hold my legs straight out in front of me when I'm doing pull ups.

Today is legs and back.

Edit: It went really well. I did all the reps for the leg workouts and raised my pull up reps by 2 on wide front pull ups and by 1 on all the rest. I was kinda expecting that, but it still feels good.

Day 7

Soo, I got a random urge to go on a run today, so naturally I substituted kenpo for an intense sprint run walk, sprint run walk...etc workout. It was weird, I felt like I was running in slow motion. I guess it's since I haven't ran for about a month and a half. Regardless, it was a big wakeup call for me. As a former cross country runner and soccer player, I've always been great at running. I'm DEFINITELY gonna start incorporating running into my workouts, and not necessarily replace them like I did today. If I wanna play soccer for my school by the end of August, I have a lot of work to do when it comes to running.

Tomorrow is supposed to be my rest day, but I've permanently changed that into back day. I even marked it off on my calendar. If I'm feeling it again I may go for a run. Let's hope I'm feeling it!

Re:Krantze\'s Log

Posted by chrisinfinity - 2008/06/23 22:04

what weights do u have and use?

Re:Krantze\'s Log

Posted by Krantze_ - 2008/06/23 22:51

I have a set of 20 pounds and 8 pounds. I'm home for the summer so I'm stuck with what my parents have. I'm using a p90x pull up bar as well.

Re:Krantze\'s Log

Posted by he4dhuntr - 2008/06/25 08:31

Sounds like you're doing great! Keep it up! I get my running in at the gym on the tread mills a few times a week. Not as good as running outside, but at least it's something. I do it there because I go to the gym with my girlfriend.

Re:Krantze\'s Log

Posted by Krantze_ - 2008/06/25 18:07

Yea I've tried a treadmill before... It's good for what it is--air conditioned, usually a TV to watch, etc. But I just can't get into it. If I went to the gym with my girlfriend, however, I could probably enjoy it. That way we can run at different speeds but she won't leave me in her dust. (yea right ;))

Re:Krantze\'s Log

Posted by Krantze_ - 2008/06/30 15:15

Week 8:

Day 1-Chest, Shoulders, Triceps

That went really well. I raised my reps with most of the exercises, but it sucks that I'm stuck with 20 pound dumbbells. I really wish I had a set of 25, 30, and 35.. that way I could really push myself. Don't get me wrong, the workout definitely pushes me to my limit.. I just want to bulk up a little bit more. All in all, it was a good workout.

Day 2-The Mother (plyo)

So again it went well and I really pushed myself. Did the bonus rounds and everything. I'm having issues with my energy though. I'm really watching how much I eat, coping with hunger really isn't that hard. I am feeling it during my workouts though. Not enough to change how I'm eating, but it's definitely noticeable.

Day 3-Back and Biceps

Killer workout. Again raised my reps on a lot of the workouts. I took about a 5 minute break halfway through just so I could maximize my reps on pull ups. That little break did the trick though and I finished strong with pull ups.

Day 4-yoga (today)

I have yet to do it.. we'll see if I feel like it later.

p.s. I was noticing some improvements and I wanted to get some pictures on the computer so I could compare. I'm

gonna go ahead and post them on here in a few minutes. thanks for reading!

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Re:Krantze\'s Log

Posted by he4dhuntr - 2008/06/30 16:41

Sounds like you're doing great. Keep it up!

I always have issues with Yoga and go to the "I'll see if I feel like doing it" mentality. Didn't do it this morning due to having to catch up on some sleep, but I'll definitely try and not miss it again. Keep up the good work!

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/06/30 18:51

Yea exactly. My sister is visiting today so I'll have someone to do it with tonight. Maybe we'll make it past halfway without getting bored. It's a stretch..but maybe.

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Re:Krantze\'s Log

Posted by Jenwhi89 - 2008/07/06 23:05

hey there baby! so this thing finally let me make my account! i just wanted to say good job!! you have been so committed to p90x and anyone who reads these blogs should definately be learing something and should be inspired by all of your hard work. keep it up :)

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/07 15:10

Ok, last week was my dad's retirement from the army and the fourth of July so we had about 20 people staying at our house. Needless to say, I didn't do any of my workouts for the recovery week. Also, I ate pretty crappy a couple of times and I'm not feeling 100 percent.

However, two days ago I did manage to run 4 miles with my cousin and ended up sprinting the last quarter mile. That felt AMAZING. Just to know that I still have my past endurance in me is awesome.

So today I'm gonna go ahead and start phase three, even though I'm sure it's gonna be brutal. I just need to hop back on the bandwagon and roll with it. I'm also gonna be very strict with my eating again. I didn't work this hard to have one week make me lose my focus.

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Re:Krantze\'s Log

Posted by Kevin - 2008/07/07 22:19

I'll bet you roll right on through!

Please thank your dad for his service to our country. And thank your family for me for their support of him and all of us during his service...they serve, too!

Keep bringin' it!

Kevin

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/08 00:12

Kevin- Your thankfulness is very much appreciated. It's been a roller coaster with many ups as well as many downs (such as a year and a half in Iraq). Thankfully though, we came out in one piece.

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Re:Krantze\'s Log

Posted by Jenwhi89 - 2008/07/08 17:29

i know exactly what you mean babe. and i thank you as well Kevin. i'm from a military family as well and it is a great feeling knowing that American's support our soldiers as well as the family members. not many people know the strain and hardships it puts everyone through. thank you!

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/08 18:59

Week 10: day 1
Chest and back

I absolutely love this workout!! Nothing but my two favorite things, push ups and pull ups. I was really pumped for it and got a really good workout out of it. I know 'cause I'm really sore today. I don't know how, but I totally forgot about ab ripper. I'll just have to deal with it and start fresh on shoulders and arms day.

Today is plyo, and since I've put it off this long I'm kind of dreading it. I'll just do it later tonight, no big deal.

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Re:Krantze\'s Log

Posted by Kevin - 2008/07/08 20:15

Thanks for your kind words! While I've not served personally in the military, I have a great deal of respect for those who have and for their families.

My father and my father-in-law both served in the Navy. My wife's uncle was a career Naval officer. I have a cousin who has served in the Marines, and my wife has a cousin who has served as a civilian support member to the Army in Baghdad...and has shrapnel to prove it!

I have several very close friends, we're like family, who serve in the reserves in the various branches of the military. So, while I've not served personally or had an immediate family member serve, it is an honor to encourage and support those who do or have.

My participation here is an extension of that. I'm honored to help you both achieve all your goals. We're all going to win!

Sparta bound!!!

Kevin

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Re:Krantze\'s Log

Posted by Jenwhi89 - 2008/07/08 22:17

wow, sounds like your from a military family as well :) it is definately an experience i wouldn't change for the world. ive lived all over, including Korea for 2 years of high school and loved every minute of it. but anyways... good job Krantze! your doing amazing!! i really admire how dedicated you are at this!!

Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/13 18:28

Day 2: plyo

Skipped plyo because I was not in the mood and put it off till it got too late. I felt pretty bad, but what can you do.

Day 3: Shoulders and Arms

Whew, I forgot how intense that workout is. I did good though, and I felt it pretty good the next day. Also, to make up for the missed plyo I went on a really intense run. That felt great.

Day 4: yoga

I went out to work on a farm and ended up weed whacking for three hours. After that I scrubbed our old boat inside and out. So I was way to tired to do yoga, but I still burned a hell of a lot of calories that day.

Day 5: Legs and Back

Well, you know how much I love back days, so I was really pumped for this. I did this workout two days ago and my calvs, butt, thighs, and my back are STILL really sore. I did at least 8 pull ups on each back workout, and on the switch grip I did 12 both times, and the first time I could have done more. Comparing that day to my earlier weeks was very satisfying.

EDIT: Day 6

I had to take down a tin roof pavilion since my parents are moving so I was on on a reallly hot tin roof all day unscrewing screws and taking apart this huge thing, so I was not in the mood to do kenpo. It wouldn't hurt to do that AND kenpo, but after you substitute the cardio workouts once, it becomes a habit.

Today was my rest day. Tomorrow I have chest and back again, but there are packers coming really early and they'll probably be here all day. I'm also supposed to work on the farm again tomorrow, so we'll see if that works out.

again, thanks for reading!

Also, Jenwhi89 (or jenny, my girlfriend) is on a plane heading to South Korea where her dad just got stationed, so if you would, she and her family could use your prayers, thanks.

Re:Krantze\'s Log

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

Looks like you're doing great! Keep up the good work! Hope everything goes well with your gf. Cheers!

Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/14 12:12

Thanks, she called me this morning so she made it safe and sound.

With the packers here my chances of doing the workout (or having a TV to use) are looking slim. Moving sucks.

Re:Krantze\'s Log

Posted by Jenwhi89 - 2008/07/14 19:56

you are doing SOOOO great Eric!!!!!! I really am proud of all your hard work!!

thank you for all the prayers! we made it here safely and I plan on starting P90X soon!

once again Krantze, you are doing sooo great! i love you!!!

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/14 20:44

I love it when you call me krantze ;)

haha

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/15 00:03

Week 10: Chest and back

OK so after an incredibly long day with the packers here I managed to do about 2/3 of chest and back, which honestly is an accomplishment given how completely drained I was. I also did ab ripper in my usual style which is without the DVD. I've done it so many times I have it all memorized. Well thats all for tonight, time to sleep.

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Re:Krantze\'s Log

Posted by Jenwhi89 - 2008/07/15 18:35

haha, i thought you'd like that ;)

i know that must have taken a lot of commitment to do that workout yesterday babe... you had such a long day but still did your workout, wow!!!

keep up the amazing work!!!

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/21 20:06

Whew, so I had an insane week with the packers and movers and a 12 hour car ride to our new house I'm FINALLY here and though our stuff isn't gonna be here for a while I still have my dumbbells, push up bars, pull up bars, and my DVDs.

SO today I started fresh with chest and back and ab ripper. Needless to say, it was brutal. Of course I really enjoyed the workout and it felt great to sweat again, but it was very hard to complete the whole thing. I was expecting that though, and I know that when I come back next week it will be easier.

Speaking of next week though, we are getting a few things early to our house and one of those things is our in home gym that I haven't seen or used in 2 years. It basically has a bench press, lat pull down, butterfly machine, and some other stuff. I'm thinking though, that since my apartment's gym doesn't have a bench press, that I may want to do a couple weeks of old school, heavy lifting along with running so I can bulk up a little bit more. Then when I get to my apartment I will start doing the p90x workouts again. Or I could do both bench and p90x. I don't know, these are just spontaneous thoughts I'm having. We shall see that these next couple weeks with my parents hold for me and working out. I'm planning on doing plyo tomorrow, though. Wish me luck. :unsure:

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/22 21:58

So movers came here today with some of our essentials: beds, fridge, TVs (yea thats essential), and some outdoor stuff. However, the mover guy showed up with a fully packed truck and by himself. So I went to him with a proposition; you pay me your hourly salary and I'll help you unload the truck. He said yea and just like that I became a packer for a day. In the end I made sixty bucks, which is freakin sweet. However I was way to tired to do plyo since I had worked my butt off all day.

I know...another excuse. I just can't help what goes on when I'm living with my parents. I'll plan on doing shoulders and arms tomorrow. I'm definitely doing something though.

Also, I found my dad's really nice calipers (he's a doctor, so he just has these things) and used an online calculator to figure out my body fat percentage. I was very surprised when I saw that it was a little under 8%. It's certainly very motivating though! I'm definitely not gonna let slip.

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Re:Krantze\'s Log

Posted by Jenwhi89 - 2008/07/23 03:52

your doing sooooo awesome babe! better than me :(well i've worked out a few times this last week.. but i know EXACTLY what your going through with the whole "parent situation"... im so ready to be on my own again and be with you!! keep doing great krantze!! your awesome :)

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/23 17:13

Phase 3: day 4-shoulders and arms

Today I woke up feeling good and went to my garage to do some bench press. After I was done, I came inside and relaxed for a little while, then decided to go on a run. I just moved here, so I do not know the area very well. Not to mention it's in the back hills of Wisconsin, where land is plentiful and civilization is not. So I take off and end up going in a huge circle, which is good because I ended up back at my house. What was not good, however, was the 8.2 miles it took to get back. That's the farthest I've ever ran and I am absolutely exhausted. I may find the energy to do shoulders and arms later though, I'll be optimistic.

Edit: I sucked it up and just went and pushed play without thinking. Did shoulders and arms strong with new 25 pound weights (not really new, they came with the movers), then did ab ripper. What a day. I'm eating my protein bar, took my vitamins as well as a 800 mg ibuprofen, and ready to have the greatest sleep of my life. I deserve it today!

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Re:Krantze\'s Log

Posted by he4dhuntr - 2008/07/24 09:01

Wow. Sounds like an intense day! Nice job! Makes me feel guilty for sleeping in and missing my Yoga routine today :/ I'll just push it to Sunday and replace my X Stretch. Keep it up!

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/24 11:00

Yea well with how crazy my schedule's been I can't afford to slack off. Mentally, I need to get back in it or I'll keep slipping. As long as you're stayin strong with the schedule don't worry about skipping yoga, especially if you have a good reason. I'm using today as a rest day as well because my whole body is sore. As a matter of fact:

Day 4: REST

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Re:Krantze\'s Log

Posted by Les - 2008/07/25 04:44

Krantze_ wrote:

I'm FINALLY here and though our stuff isn't gonna be here for a while I still have my dumbbells, push up bars, pull up bars, and my DVDs.

Life's essential

Speaking of next week though, we are getting a few things early to our house and one of those things is our in home gym that I haven't seen or used in 2 years. It basically has a bench press, lat pull down, butterfly machine, and some other stuff. I'm thinking though, that since my apartment's gym doesn't have a bench press, that I may want to do a couple weeks of old school, heavy lifting along with running so I can bulk up a little bit more. Then when I get to my apartment I will start doing the p90x workouts again. Or I could do both bench and p90x. I don't know, these are just spontaneous thoughts I'm having. We shall see that these next couple weeks with my parents hold for me and working out. I'm planning on doing plyo tomorrow, though. Wish me luck. :unsure:

Do what you have to do to stay motivated, personally I'd try and stick with the program for it's entirety for the simple fact that you've been using body weight for most of your workout and switching to weight training for resistance could require a bit more recovery time.

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/25 14:07

Yea, that's what I'm planning on doing. It's just hard to stay on schedule when there are so many things going on. But yea, I'm back on schedule for the most part. However, my legs--specifically my calves 'cause of all the hills--are still so sore from my run there's no way I'll be able to do legs and back today. I'm gonna substitute it with chest and back because I'd be doing back anyway and my chest is the least sore out of my whole body. I'll write about it in my log later on today.

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Re:Krantze\'s Log

Posted by Kevin - 2008/07/25 14:23

Krantze,

I've been following your posts the last few days. Hang in there!! For most of us, our days are a series of planned encounters complicated by a series of unplanned interruptions. Stuff happens and the best thing for us to do is flow and adapt. Looks like you're doing a great job of that, so keep it up!

When stuff happens to me, I try to remember that something is better than nothing. Even if you can only go 15 minutes or so, you still did 15 minutes more than you would have done if you hadn't pressed "Play". I was listening to a podcast earlier today where an expert in treating breast cancer in older women demonstrated that mild exercise of just 10 minutes per day led to notable increases in muscle mass and in boosting metabolism in women being treated for the disease.

Hey, we all do more than "mild" exercise in this program, and just a few minutes will still work for us if it's a day where we can't get the full workout in.

Hang in there, man! We're all rooting for you!

Sparta bound...

Kevin

Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/25 15:53

Thanks a lot Kevin, that's definitely something I'll try to remember the next time something crazy is going on. Probably once I start school again 15 to 30 minutes will be all I can afford/have energy for. But yea, thanks again.

Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/26 01:39

Day 5: Legs and Back replaced by Chest and Back

This workout went great. I did 8 each for wide grip (the one I struggle with the most), 10 each for reverse grip, and 10 then 8 for closed grip. Hitting double digits for once is a huge accomplishment for me. I've worked so hard to get better at pull ups since the beginning, and it's finally hit me on how far I've come. Don't ever doubt yourself, you'll be amazed at what you can accomplish if you stick with it through good times and bad. I certainly am. Woohoo!

Anyways, I felt strong with all the push ups and then the ab ripper. I'm thinking about getting the P90X+ ab/core workout to step it up a notch. My abs have always been pretty strong, and ab ripper has never been a big issue. It's hard, of course, I just wanna burn the whole way through baby. But yea, thanks for reading. Kenpo tomorrow, we'll see how my legs are feeling. In other words, I'll cross that bridge when it comes!

Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/29 00:42

Day 6: Kenpo

Skipped this because I was still sore from my run. Like to the point where walking actually hurt. So I skipped it and throughout the day worked on the L pull up and stuff like that.

Day 7: Rest
and rest I did.

Week 2- Day 1: chest shoulders and tris

This workout is very intense. I did pretty good compared to previous weeks, which is always nice. I bought a heart rate monitor today and it works great. I burned around 600 calories with a max HR at 172. Pretty nifty little device. It should help a lot tomorrow when I do plyo.

Re:Krantze\'s Log

Posted by he4dhuntr - 2008/07/29 09:06

Looks like you're doing great! Keep up the good work!

What heart rate monitor did you get and how much did you pay for it? I've typically decided not to get one since most of them seem pretty expensive for their use.

Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/29 21:03

Yea they are. The one I got was discontinued and the battery didn't work so I got it for 40 bucks instead of ninety. Plus it was partially a birthday present so I didn't actually pay for it, so that's always nice.

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/29 23:54

Day 2: Plyo replaced by Interval Plus (p90x+)

I'm tellin ya, this workout made plyo seem like child's play. Not only is it up and down and jumping and squatting...but it's super intense! My heart rate never went below 155 and peaked at 184. I don't know how many calories exactly were burned because I had worn my heart rate monitor all day to see exactly how many calories I burned throughout the day. From the time I woke up to the time I was done with interval+ I had burned 2987 calories. Thats a good little amount if you ask me, and that's not counting how many are burned while I sleep. I'm guessing it would end up being like 3500 when I woke up, but I'll do that another night.

Anyways, it went by nice and quick, I feel great, and I'm goin to sleep. Thanks for reading!

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Re:Krantze\'s Log

Posted by Kevin - 2008/07/30 06:55

Yeah, buddy!!!

That P90X Plus is the real deal. I'm in my second week of Phase I of the Lean version of P90X Plus and I'm loving it. Awesome stuff and a big calorie burner, too.

Hang in there!!

Kevin

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/07/31 20:33

Kevin: Good job stickin with X+. That's certainly no easy task.

Day 3: Back and Biceps

Well I skipped this yesterday because I just felt like I needed a recovery day. So I came back strong today, just completing the workout. Compared to the last time I did this, I was very impressed. First off, the last time I did this was in phase 2, so I know I was in pretty good shape. The real surpiser was in the middle of the workout when you're supposed to do chin ups (which mainly works your bicep), so naturally they will be very difficult. Last time I could only do 6, with breaks. This time, however, I did ten no problem. I was pretty wasted for corn cob pull ups, only doing 4. But I managed to do 12 switch grips, 8 towel pull ups, and 8 wide grip (L style). Also, I was using heavier weight this time (25s instead of 20s), but I still wish I had some 30s and 35s (only on a few of the exercises!) So all in all, another great workout.

Ab/Core PLUS is calling my name. It will be my first time doing it, so I know it's gonna burn!

Edit: So I just finished ab+ and man it is no joke. It's a lot like how in core synergistic you have to "engage" your abs, but only for some. Anyways, I got a great burn from it, but it wasn't the normal-- do 100 crunches and feel a burn, burn. It was deeper, like the whole ab was getting worked, not just the surface or one spot. If that makes any sense at all... I guess you just have to experience it to know what I'm talking about.

But I feel amazing right now, today was very productive and I'm ready to relax, have dinner, go to sleep, and wake up to it being my birthday! 19! woohoo!

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Re:Krantze\'s Log

Posted by he4dhuntr - 2008/08/01 09:13

Sounds like you're doing great! Keep it up! And Happy B-Day! 19 was a good year for me, hope it is for you too! Cheers!

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/08/02 19:09

Day 4: Skipped yoga 'cause it was my bday

Day 5: Legs and back

Well I haven't done this workout in around 2 weeks so the legs portion was pretty harsh. Other than that, I'm amazed at my results. Check this out:

Week 5 (when I first started writing the workouts down)

Rev. grip chin ups: 5; 5

Wide front pull ups: 5; 5 (regular because wide was too hard)

Close grip pull ups: 6; 5

Switch grip pull ups: 6; 6

total: 43

Week 10

Rev. grip chin ups: 13; 13

Wide front pull ups: 10; 10(wide)

Close grip pull ups: 12; 12

Switch grip pull ups: 12; 12

total: 94

The crazy thing is that that's 100% P90X. I haven't been doing any other lifting or anything besides bench press a couple of times. Two more weeks of P90x before I finish, I can't wait to see how many I can do then.

It's time for ab/core+ again. Bring it!

Edit: This is an amazing workout. I went through it a lot smoother than last time and ended up getting an even better workout. Once you get the groove of it, the burn comes way sooner and is way deeper. I'm really happy I switched to this.

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Re:Krantze\'s Log

Posted by Krantze_ - 2008/09/02 15:39

Well as you may know I finished P90X and I'm now in my second week of school and in my new apartment. I figured I'd give a little update as to what I've been doing to maintain. I bought a bike which I ride to class everyday (typically burns 400 calories there and back) and I've been riding it to the rec center where I play racquetball and lift weights (on a day where I play racquetball and lift weights and ride my bike I burn 2000 calories by the time I get home). So although I'm not doing P90X I still do ab ripper with my friends at the rec which they all love and I'm still working out/burning calories.

I'm buying healthy foods and everything, but I'm not necessarily watching how much I eat. I haven't noticed any weight gain or anything so I guess I'm doin something right.

I do miss P90X though, and thinking about how now I'm in the perfect condition to start it again is pretty motivating. But time is an issue, and so the temptation to sleep in after a long night. But like I said, P90X is calling me, so we'll see what my future holds.

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