
Matt's 90 day journey

Posted by mnsports - 2008/06/17 00:42

Hello everyone!

T - 2 days until I start.

What I have done so far is get my room ready, tell tons of friends and family, made out my meal list for the food store & GNC, got my pull-up bar, push up bars, yogo block, dumbbells, yogo mat.

I have watched the 1st and 2nd videos, I passed the workout test and now I am ready.

I will be putting on 8-10lbs muscle min and getting ripped.

I just wanted to post this to show that there is a lot of prep before you even start. This is very important, bring all the tools and the mindset to the game or you will loose and make sure you tell everyone because no game is a game unless there are people there to watch.

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Re:Matt's 90 day journey

Posted by Krantze_ - 2008/06/17 02:58

It's so hard not to tell people about p90x. I'll be talking to grandma and be like "yea i cant wait to visit..have you heard of p90x?" Not really but seriously p90x is always a topic when I talk to people nowadays.

Anyways, you are certainly more prepared than I was, kudos. I did the first week with my mom's 8 pound dumbbells, try not looking girly curling 8 pounders.. pretty tough.

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Re:Matt's 90 day journey

Posted by Les - 2008/06/17 10:40

preparation is very important. and you're doing a good job.
my prep was like this. grab the video and the resistance band and headed for the living room.

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Re:Matt's 90 day journey

Posted by mnsports - 2008/06/18 20:33

Day 1 Wow! Kicked my butt...REALLY! But I love it, cant wait for day 2.

Day 1 did show me what I already know... I am out of shape and weak and this is why my energy level is low, thats why I tire out to quick when playing hockey or working...ect.

I am bringing it.

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Re:Matt's 90 day journey

Posted by Les - 2008/06/19 08:19

mnsports wrote:

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I am bringing it.

Stay Focused

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Re:Matt\'s 90 day journey

Posted by mnsports - 2008/06/19 12:51

Day 2 I am sore from day1... O well.

Just did Polymetrics and wow what a workout for your legs. I play hockey and this one should help me out.

Day 3 I am ready to BRING IT!

Re:Matt\'s 90 day journey

Posted by Medikman - 2008/06/19 18:00

Good Job,

Just remember Keep Pushing Play

Re:Matt\'s 90 day journey

Posted by mnsports - 2008/06/20 20:51

Day 3 my quads are so dam sore...REALLY from the Poly workout its kills me to sit down... the pain, the pain.

But on to Arms and Shoulders I went. What a great workout, I did pretty good. One thing I want to say is you can not think that if you are not doing the weight or reps they are doing its not working... IT IS!

The AB X is killer, by 90 days I will be crushing it.

Ok here I come day 4 and I am going to BRING IT!

Re:Matt\'s 90 day journey

Posted by mnsports - 2008/06/21 15:16

Day 5

Yoga beat me :angry: I am so dam sore still from the Poly workout, my quads are gone, I kicked their butt bad in the Poly workout.

I got about 25 mins into it and that was it...it beat me.

No problems thou... this is a 90 day workout and yoga will come around again.

:angry: But I will still Bring It!

Re:Matt\'s 90 day journey

Posted by he4dhuntr - 2008/06/23 15:54

Yoga's not as easy as some people think it is. A lot of it is mental though. The first time I did it I almost quit, but that was because I was getting annoyed by it mentally. The next week around I made sure to relax more and just set my mind apart. It went much better. Some of the moves are pretty brutal and tiring, but hang in there and it'll come! Keep it up!

