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## Medikman\'s P90X log

Posted by Medikman - 2008/05/19 23:26

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Day 1:

So today started off not quite the way I planned diet wise, I pulled a 24 hour shift yesterday and ran a few calls during the night, so by the time I got home I crashed and slept till 11:30; no breakfast. I did well with the diet for the rest of the day though. Lunch (more like breakfast) was two eggs with with a slice of whole wheat bread, I had 1/2 cup nuts and raisins for a snack, then a chicken breast with some corn for dinner. I also had a protein shake after my workout, and a ton of water throughout the day.

CHEST, BACK, AND AB RIPPER

This workout was great. I paced myself during the first round, and brought it the second half, I even did a few more push ups the second round than I did the first. I thought the AB Ripper was going to kill me. My stomach muscles were starting to twitch uncontrollably by the time I finished. Overall I felt it went really well. I then proceeded to move a ton of dirt to finish prepping our yard for sod tomorrow blah I hate yard work, so I am totally spent and am looking forward to a good nights sleep and Plyo tomorrow.

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/05/20 00:48

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Good job medik! It takes time to get the eating down...I still have days that could be better.

I'm a week ahead of you, but we will be doing the same work outs on the days of the week which is good...keep each other honest. Keep up the good work and I can't wait to hear how you feel about Plyo...be ready to bring it...I will be killing myself along with you!

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## Re:Medikman\'s P90X log

Posted by Les - 2008/05/20 09:11

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looking good  
following the diet will definitely help you obtain the result you're after.  
oh yeah let us know about Plyo

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/05/21 00:05

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DAY 2; Plyo

Ok this one kicked my A\*\*. I was only able to complete about 85% of the video, but I when I couldn't do the moves anymore I made sure that I kept moving and kept my HR in the zone. I tried to keep up with Pam and think overall I did well. I feel good about my workout today. Heh I am still feeling the after effects of the AB Ripper today.

Did ok on my diet today all except for dinner. I made sure to eat breakfast today, had my snack of nuts and raisins, then a chefs salad for lunch I have also cut myself back to one medium diet soda instead of the several liters of soda I used to drink, had some raw veggies for another snack. My big goof was dinner. I had some fish out but then I started laying sod, by the time I was done it was 8pm and I didn't want to eat right before Plyo and then it was 9pm when I got done. So I did a double serving of my recovery drink hoping that will be enough.

I'm feeling great so far.

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## Re:Medikman\'s P90X log

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Posted by Les - 2008/05/21 09:31

Good job Medik

85% first time with Plyo is respectable of course I don't need to tell you that, "who feels it, knows it"

Pam the blam is good for now but by the end of Phase 1 Dominick will be your target.

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/05/22 00:46

Day 3:

Shoulders, Arms and AB Ripper

I loved this workout, the resistance bands were a little awkward on a couple of the exercises, but overall I had a blast with it. You know it was a good workout when I can barely get my shirt off cause I can't lift my arms.

I think I did worse today on the AB Ripper than I did on Monday, I could still feel it from Monday so it started burning sooner than before. I pushed through it and did as much as I could, but was hoping for more.

Still doing good on the diet, I have actually had pretty good support from both my wife and my employees, some of them harass me a bit but the rest have been really supportive. I do have a question, is it just me or does anyone else feel like they are eating all day long? Like I said before I used to never eat breakfast and then would only eat one or maybe two big meals per day.

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/05/22 13:56

Hey Medik...great job! Plyo I think is the hardest, but it's my favorite. I do feel like I am eating a lot...but it's all really healthy and it's better to eat small meals to keep the bld sugar level and metabolism up...oh you probably already knew that...duh you are in the medical field! I technically fell in the 2 level, but knew that would be too many calories...so I'm doing an inbetween...1 1/2 I call it! Good job eating breakfast...I know that is a tough one for you!

Okay enough blabbing...I am just putting off yoga:P Which you are doing today as well, right? Let us know how it goes!

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/05/23 00:38

Day 4:

Yoga

So today basically sucked rocks for me. I had an absolutely horrible day at work, I was in such a bad mood by the end of the day I didn't want to do anything but come home and go to bed. Running a volunteer ambulance service can be more stressful than actually running the calls themselves. Anyway enough of my venting.

I told myself I wasn't going to give in, so I did the Yoga and it was just what I needed. It's amazing how that works. I was able to relieve some stress, work up a sweat, and clear my head. I feel so much better now.

Eating was hard today being in and out of meetings, and dealing with the problems that happened today I lost track of time but did the best I could and made sure to get a good dinner in.

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/05/23 14:08

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Keep up the great work Medik! Let me know how legs and back go!

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/05/23 23:16

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Day 5:  
Legs, Back, and AB Ripper

Hmmm where to start. Well I knew that this was going to be my hardest workout, but I didn't realize how hard. I was born with Severe Bilateral Club Feet and have had multiple surgeries on my legs to correct it, because of this I was in cast for 2 years straight when I was a child so it atrophied the muscles below my knees, I can't physically stand on my toes, and my legs are very weak. So anyway this one did a number on me. I pushed through it and did everything I could, to the point where my legs felt like rubber. This is the one area that I really want and need to strengthen.

Felt good about the AB Ripper today, as well as my eating. I am looking forward to the Kenpo tomorrow.

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/05/24 23:55

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Day 6:  
Kenpo

This was a great workout, I was still a bit sore from yesterday so I'm sure I looked pretty ridiculous while doing the kicks off balance. I pushed myself as hard as I could and worked up a great sweat. I was able to keep my HR in the zone pretty much the entire workout so I was pleased with my effort.

I also found a great replacement for the jogging in place and jumping jacks, my 3 year old daughter was being silly so I decided to chase her around the room till the workout started again. :)

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/05/25 02:15

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I was sore for Kenpo today too! Great work and it's nice that you could also play with your daughter!

Enjoy your day of "rest" tomorrow and congrats on finishing your first week:cheer:

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/05/26 00:58

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Day 7:  
X Stretch

Wow week one is over, it really flew by. I have felt better physically this week than I have in probably 3 years. My wife was amazed at how good I felt, for the last year or so anytime I did anything physical like trying to put in the yard I could barely move the next day, but I was ready for more each day. With this week in the books I am a believer that this will change my life for the better.

I was still a bit sore from the last few days so I was thankful for the stretching. Now I'm ready for week 2

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/05/26 16:00

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Nice job Medik! Keep up the great attitude and you will crush week 2!

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/05/27 01:08

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Day 8; Week 2 Day 1

Chest, Back, and AB Ripper

I had a great workout tonight. I managed to either match reps using more weight or exceed my reps from last week on every exercise, including the AB Ripper.

My diet wasn't so great over the holiday weekend, but I'm ready to refocus and stick to it.

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## Re:Medikman\'s P90X log

Posted by Xavier - 2008/05/27 22:05

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How did it go for you with Plyo today Medik? I would really like to hear how it was for you on week 2.

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/05/28 00:54

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Day 9: Week 2 Day 2

Plyo

Well this morning at work I jumped out of the back of the ambulance and hyper-extended my right knee. I was debating whether to take today off and do something on my rest day but I had some frustration to get out so I decided to do it anyway. I made it through a little over half of the video when I'm pretty sure I heard my knee say "Screw This" The jumping was just a bit too much. I did some other cardio to make sure I got a full workout though, so I feel good about today. I did great on my diet today so overall it was a good day. Well other than the whole messing up my knee thing.

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## Re:Medikman\'s P90X log

Posted by Les - 2008/05/28 18:08

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Good job listening to your body, good job improvising and getting your sweat bucket happy.

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/05/28 19:54

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I hope your knee gets better Medik! Take it easy if you need to and good job with the eating:cheer:

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/05/29 00:55

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The knee is feeling much better today thanx. :)

So let me just tell ya this morning was completely awesome. We responded on a cardiac arrest and got a save. Now I have had worked these and had viable patients by the time we got to the hospital many many times, but we actually got spontaneous and unassisted respirations and a heart beat back on the scene. To tell you how rare this is, in my 10 years this is only the third time I have had this happen, and that is an adrenaline high that lasts pretty much all day, working a full arrest is also a serious workout, I sweat nearly as bad doing that as I have doing P90X.

Anyway enough of that

Day 10: Week 2 Day 3  
Shoulders, Arms and AB Ripper

So far this is my favorite workout. I decided to go up on my weights from last week and I was able to match all my reps from last week. There is hardly a better feeling that being completely spent after a good workout. I feel like I did the best on AB Ripper than I have so far. So overall I had a great day. :)

Oh yeah, I the diet went really well again. I think it is getting easier each day.

More good news my wife has been able to see changes in me already and has started the lean program.

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/05/29 02:42

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Glad to hear the knee is getting better!

First off, how awesome about your day. You should be proud of what a great service you do for all of us. Glad to hear your wife is on board too! Good news all around. I agree...arms is the best:P

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## Re:Medikman\'s P90X log

Posted by Ryno88 - 2008/05/29 11:06

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That's awesome Medik! Glad the knee is better too. Good luck with Yoga!

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/05/31 21:30

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So I have been soooooo busy the last few days, I have basically been putting in 15 hour days since thursday and I have another one tomorrow for the Superbike races. Anyway I have been so tired and sore by the time I have gotten home that I was not able to do the Yoga and Legs and Back. I have been beating myself up about it too. Well I am will be doing Kenpo tonight regardless of how tired I am. I really need to work up a good sweat, not just sweat cause I am standing in the sun on a race track. I will also probably do my Yoga tomorrow so I will have only missed the Legs and Back this week. I will try and post again tomorrow night after I am done, as long as I'm not unconscious afterwards.

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/06/01 16:49

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Hey Medik! Some times life gets in the way of our work outs! Don't beat yourself up for it...You are doing great and

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hopefully you will be less busy next week and can get back on schedule...keep up the good work:cheer:

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/03 00:52

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Thanks for the support Chub.

Week 3 Day 1

Chest, Back, and AB Ripper

Tonight was great, again I increased either weight or reps on all of the exercises. I worked up a great sweat and am very satisfied with my effort. I debated starting week 2 over, but I figured I need to move forward not backward (if my logic makes sense). I did really well on the AB Ripper until I got to the V up Roll Ups, and I couldn't even sit up, so I took a break and managed 30 of the Mason Twists.

I did pretty well eating for the last week, even out at the track. I brought my own food and made sure to get all my small meals in, well except for Sat. it was crazy out there. I did give in and have a few of the garlic fries though, but I only had 6 fries that one of the nurses offered me. I was proud of my will power.

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## Re:Medikman\'s P90X log

Posted by Les - 2008/06/03 08:43

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it's time to double the intensity, Phase 1 is almost over. forget about pacing yourself you know the moves you know what you can tolerate. so go for it you'll have next week to recover

Sparta Bound!

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/04 01:02

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Week 3 Day 2

Plyo/Cardio X

So I started Plyo today thinking my knee was healed, but it wasn't gonna happen. I ended up taking Tony's advice in the video and put in Cardio X. I loved this workout, I just modified the plyo parts but other than that I did everything. I may not have been able to keep up with all the reps, but I didn't need to take the breaks I do in Plyo. I kept moving the whole time and was shaking by the end of the Superman/Banana's. With the problems I have with my legs I may just replace plyo for this permanently, but we'll see, I don't want to short change myself, however I don't want to want to create more problems than I have too.

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## Re:Medikman\'s P90X log

Posted by angelius - 2008/06/04 02:12

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You and I are on the same sched. I really hate Plyo and was considering putting in the Cardio in place of it next week to see how I do. Sucks about your knee and I hope it feels better. It would not be too good if your buddies had to run to your house to pick you up. Good luck tomorrow. :lol:

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/05 00:39

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Yeah I would never hear the end of it if they had to come get me.

Week 3 Day 3  
Shoulders and Arms

Man I love this workout, pushed it till failure on just about all of the exercises and felt great afterwards.

On another positive note, this morning when I was getting ready for work I had to tighten my belt up an extra notch. Now thats a great way to start the day.

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/06/05 15:58

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Sounds good Medik! Almost at the end of phase 1...can't wait to hear what you think of Core Syn during the recovery week. I LOVE IT! How is the knee?????

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/06 13:44

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My knee is apparently still a little iffy, but I'm just modifying things so that I don't aggravate it.

Week 3 Day 4  
Yoga

I sure needed this last night. I have been pretty stiff since last weekend and it helped greatly. It always amazes me during this workout that I sweat more than some of the other ones. Anyway I felt great during and afterwards. I even got up in Wheel for about 4 breaths. I still can't do the balance postures due to my lack of muscle below my knees and horrible balance.

My diet is still doing well, I had a couple days where I had more soda than I have allotted myself, but I'm still drinking all of the water I am supposed to.

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/08 01:03

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Week 3 Day 5  
Legs and Back

Well this didn't happen. I was only about 15 min in and my knee gave out on me. I'll see how I feel on Sunday and maybe use yesterday as my rest and get Legs and Back in for the week before my first recovery week.

Week 3 Day 6  
Kenpo

So I went to the store today and got myself a knee brace. I paced myself and got all the way through Kenpo today. I felt good about it especially after yesterday.

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## Re:Medikman\'s P90X log

Posted by Les - 2008/06/08 07:24

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good job finding ways to accomplish your goal without being restless.

wow time flies you're already on your first recovery week, enjoy the "break"

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/09 23:57

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Week 4 Day 1 Recovery  
Yoga

Thanks for the encouragement Les, I can't believe how fast that first phase went either.

So for some reason I thought today was Core Syn and I was excited to try a new workout, but then I realized it was Yoga. Not that is a bad thing, I actually really enjoy the Yoga and it was precisely what my legs needed today. I was just in a different frame of mind I think.

So the workout went really well. I got up in wheel again for a bit longer than last time, and I also did better on Yoga Belly 7 than I have before.

The weekend didn't prove so well for my diet, but I got back on track today.

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## Re:Medikman\'s P90X log

Posted by Ryno88 - 2008/06/10 12:13

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Glad to see you are still bringin it Medik. I am one day behind you so I have yoga tonight. Looking forward to this recovery week although I suspect it will be one hell of a recovery.

I just can't believe how fast the past few weeks have gone by.

Good luck this week!

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/11 23:37

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Week 4 Day 2 Recovery  
Core Syn

Wow this workout handed me my a\*\* on a plate. I loved the High/Low push ups, but the Sphinx push ups.....me no likey. I was sweating buckets by the end and could barely get up the stairs after my workout.

Week 4 Day 3 Recovery  
Kenpo

I was really looking forward to this one all day, I had a few people at work who really pissed me off today so this was great. I got to get some stress out and really pushed it hard.

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/06/12 02:52

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Hey Medik! I was waiting to see what you thought of core syn! It's KILLER, right? Good job and get ready to bring it in

phase 2! Keep up the good work.

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/12 23:11

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Thanx Chub, I'm excited for phase 2. Today was stretching so it was a nice easy day. Looking forward to Core Syn again tomorrow.

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/15 13:37

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Week 4 Day 4 Recovery  
Stretch

Didn't happen, I got swamped with work and by the time I got home I just crashed.

Week 4 Day 5 Recovery  
Core Syn

I find the saying "I love it, but I hate it" fits this workout. I was dying by the time I got done, but I did get done.

Week 4 Day 6 Recovery  
Yoga

Well I was really in the mood for more cardio so I did the Cardio X workout instead of Yoga yesterday. I felt great afterwards, it was just what I was looking for.

I'm really excited to start phase 2 tomorrow, I can't wait. Also I posted my phase one pics on my profile.

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## Re:Medikman\'s P90X log

Posted by Les - 2008/06/15 16:22

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I'm sure you've seen the videos and you're excited about Phase 2, just try to pace yourself. the lack of resistance training and the gain in endurance and strength from the recovery week will have your jump in and going for the big weight and you don't want to do that.

but all in all you'll love the changes in Phase 2

Enjoy!

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/18 01:38

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Phase 2  
Week 5 Day 1

Chest, Shoulders, Tri's, and Ab Ripper

Wow This was brutal, I loved the Pike Pushups they were a fun change. I could barely move my arms last night, and they felt like rubber all day today. I was really excited about my improvement in the AB Ripper, I did more than I even had before.

Week 5 Day 2

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Cardio X (instead of Plyo)

So I decided that the full Plyo DVD is too much strain on my knees, even with a brace. I replaced it with the Cardio X DVD and had a fantastic workout. The only problem is that during the last few exercises I ended up getting a bad buildup of Lactic Acid in my chest and right shoulder. I was still pretty sore from yesterday and I don't think I got enough water today. Anyway I got through it and was sweating like mad when I got done.

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## Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/06/18 14:34

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Nice job medik! Can't wait to hear what you thought of back/bi today!

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/23 13:52

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Ok it's been a few days, lets see if I can remember everything.

Week 5 Day 3  
Back, Biceps, Ab Ripper

Wow I loved this workout. I was sore for 3 days afterwards, but man it was awesome.

Week 5 Day 4  
Yoga

Didn't happen, I went golfing and when I got home I had a ton of stuff to do, by the time I was done it was 11:30.

Week 5 Day 5  
Legs and Back, Ab Ripper

Ok so I went golfing again, but didn't have stuff going on afterwards so I was able to get my workout in. I officially hate this workout. It hurts and not in a good way. I'm thinking of finishing by doing a modified Lean program and substitute Legs and Back with Core Syn, but I haven't decided yet.

Week 5 Day 6  
Kenpo

I was really sore and still from Legs and Back and was not in the mood for this, but I'm glad my wife convinced me I needed to get it done. I felt great afterwards and haven't been sore since I did it. I didn't stretch on day 7 cause I had my nose stuck in a book all day (literally)

I'm really looking forward to Chest/Shoulders/Tri's today

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## Re:Medikman\'s P90X log

Posted by he4dhuntr - 2008/06/23 14:43

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Sounds like you're doing awesome! I'm in my 3rd week and I also don't particularly love the Legs & Back workout. I think after Yoga it's my least favorite so far, but I think I'll hang in there and keep doing just so that my legs and back are getting enough work. I don't really use weight for the leg workouts though. Anyway, keep up the great work!!

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## Re:Medikman\'s P90X log

Posted by Medikman - 2008/06/30 12:38

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Hrrm I don't know whats harder, doing the workouts or keeping my logs.

Last week went well, I got behind a day so I had to use wed as my rest day and push everything back a day. I need to refocus my diet efforts, this last week my diet went all to hell.

I start week 6 tonight and will try and post later.

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### Re:Medikman\'s P90X log

Posted by Ryno88 - 2008/07/02 15:39

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keep going Medik! Week 6 was a tough one for me motivation wise. I think my diet was questionable that week too. Just keep going. Almost half way through!!!

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### Re:Medikman\'s P90X log

Posted by chub\*rock - 2008/07/06 16:16

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Hey Medik! Just wanted to check in. I was on vacation. Hope all is well!

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### Re:Medikman\'s P90X log

Posted by Medikman - 2008/07/16 12:04

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ARGH!!

I jacked up my back over the weekend, so my recovery week for phase 2 has literally been just that recovery. I tried to get in my Core last night but started feeling a twinge in my back during the squat runs, so I put in the stretch video again to see if that would help.

So phase 2 is done. I didn't loose any weight at all during this phase, however I have seen and felt a lot more definition than I did during phase 1. I think that I am going to try and add more cardio during phase 3 and hopefully drop some more weight. I have also noticed that I can do about 10 times more pushups now than I could when I started. I also actually did the pullups for the first time last week instead of using the bands.

It's been a busy and rough few weeks for me, but I have been hanging in there and still pushing play. I'm excited to get started on phase 3, I just hope my back is better by then.

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### Re:Medikman\'s P90X log

Posted by Les - 2008/07/17 09:47

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hope you back is better  
and good job hanging in there finding alternative and such

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### Re:Medikman\'s P90X log

Posted by Medikman - 2008/08/11 12:50

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Well phase 3 has been a catastrophic failure. Starting it over today.

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