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## Mocheeks daily log

Posted by mocheeks - 2008/05/15 12:07

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OK. I am back.. I had a failed attempt at P90x a couple of months back. I was on here everyday and made some progress but fell off. I was looking through here and saw the results that someof the other people had who I started with (good job addict) and I now feel worse than before I started. So I am making this log my homepage so everyday I turn on my computer it pops up. So I am starting from day 1 all over again. wish me well

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## Re:Mocheeks daily log

Posted by tizom - 2008/05/15 12:39

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I start on monday with my friends also! we will keep a log too! stay with it this time, don't loose sight of your goal

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## Re:Mocheeks daily log

Posted by kenny - 2008/05/15 13:08

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Mocheeks! Good to have you back.

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## Re:Mocheeks daily log

Posted by glenn - 2008/05/15 13:09

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Welcome back mocheeks. We hope this go round works better for you! Let the peer pressure of all of us reading about your progress work to your advantage! :silly:

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## Re:Mocheeks daily log

Posted by P90X ADDICT - 2008/05/15 19:49

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Nice to have you back "my brutha". Dont you worry, we will all be here rooting you on at day 89, and wont let you cheat. It took alot for you to get to this point, so no excuses, no reservations, just kill it with as much determination and power that you can, and your Arcadian brethren will be here to hand you your certificate.

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## Re:Mocheeks daily log

Posted by mocheeks - 2008/05/16 07:26

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Thanks man. I am starting with a plyo workout today and then hitting day 1 with everything on sat.

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## Re:Mocheeks daily log

Posted by Les - 2008/05/16 08:37

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More power to you, for getting back up on this crazy train.  
Welcome back indeed

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## Re:Mocheeks daily log

Posted by mocheeks - 2008/05/17 09:15

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Day 1, Chest and back felt good, decided to listen to Tony and not go crazy during the first set, second one I still felt it though. Plyo tomorrow morning should be good.

Hitting the store today to make meals for the week.

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## Re:Mocheeks daily log

Posted by mocheeks - 2008/05/19 08:40

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Got a migraine yesterday, so I had to skip a day and today is a travel day for work, but I maybe able to hit the gym and get my shoulders and arms done.

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## Re:Mocheeks daily log

Posted by mocheeks - 2008/05/22 08:03

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Its happening again. I missed 3 days this week. Work has been draining me lately, I have nothing left when I get home.

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## Re:Mocheeks daily log

Posted by Les - 2008/05/22 08:39

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I know you didn't ask a questions but I got some proposals why; because we're taking you to Sparta. You've identified the challenge, now come up with some options.

1. you could workout early in the morning
2. during the day.
3. after work.
4. you'll need to get your DVDs on an mp3/video player e.g. zune or ipod among many if you want to do the mid day at the gym thing.

I for instance love working out in the morning and I did that for the 1st round of P90x.

but I was always rushing because I had to do it at the gym, and my gym opened at 5:30 am (late for me)and i have an hour commute but it had to be in the morning.

1st because i have more energy

2nd the place was packed in the evening. And as you know we move around during our workout so I need space which is not easily negotiable at the gym for we all have our routines.

I needed to switch gym (better machines and amenities) as I moved from a beginner to an intermediate gym-rat, since my work offers an incentive to joined the gym across the street, I knew my next move and so I did it, I changed gym, it's only been 3 weeks so it's hard to talk about it :S :dry: but i get to go in whenever I want.

I started in the morning but unlike my old gym they are many people at the gym at 6 in the morning not bad but i like my space, I did it for a week but I had to switch because on days when i have Ab ripper I would plan to do it when i got home but I wouldn't do it when i got home in the evening

what I've been doing instead is when i wake up i do my Ab Ripper X while watching SportCenter. Go to work and I do my resistance training mid day. so I think I got a suitable schedule which I've been following (but subject to change anytime any day)for the past couple weeks, the gym is less chaotic and I get to workout and go back to work.

the beauty is that I can hit the gym whenever I get a time during the day.

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## Re:Mocheeks daily log

Posted by mocheeks - 2008/05/22 10:10

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Thank you, that is what I am looking for. Getting the tapes on the Ipod would be great. I asked somebody a couple months back how to do it. Are they things that can be e-mailed?

is there a copyright on the disc to prevent from converting the files?

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## Re:Mocheeks daily log

Posted by Les - 2008/05/22 11:40

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i use Imtoo dvd to ipod converter

their will be copyright infringement if you plan to copy the disc and distribute for profit. as a matter of fact I'd recommend that everyone make copies of their discs and only use the duplicates. I do it with all my software discs. from OS to programming to music production to illustrations and cds.

the files are too big to email although the "movie" loses a bit of quality. plus that will be copyright infringement which I won't advocate especially not in public.

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## Re:Mocheeks daily log

Posted by Kevin - 2008/05/22 12:34

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I'm with you, Les. Like the rest of us, I spent hard-earned cash on P90X and I look at it as an investment. So I protect the DVDs like they're gold!

I'm a Mac person, so I copied the DVDs into QuickTime MP4 files with the H.264 codec. I have the files on my laptop and can also put them on my iPhone to take with me. There is software that will accomplish this and it's available via download for a nominal fee.

Keeping this workout routine handy is very helpful, and I've been doing some work-related traveling over the last few weeks and have taken the video files with me. Nothing more fun than doing P90X in your hotel room! I "Bring It" so I can "Bring It"!

Hope this helps, Mocheeks. We're taking you with us on the journey, and we know you'll succeed!

Kevin

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## Re:Mocheeks daily log

Posted by mocheeks - 2008/05/27 15:45

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I finally figured out how to get the dvds onto my Ipod, thanks guys

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