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## My daily log

Posted by tmaj2004 - 2008/05/18 20:09

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Day 1- Chest and Back with Ab ripper x and new meal plan

I feel like I want to do day 2 already lol

It was tough...man...was it tough...I paced myself the first 'round' and then the 'second' round I realize what kind of 'girl mon' I am lol

It was TOUGH...but I loved it.

I just couldn't do ab ripper x after...just couldn't...I just did it 30 mins ago though!....but I do understand it should be done while the heart rate is up. I pushed it and love it. I'm sure I'll get in the group of doing ab ripper x immediately after a workout soon...I won't say next week because that is negative thinking..I am aiming for every time after the work out.

Eating wise:

Woke up, had a protein bar

Worked out an hour later

Lunch had 2 slices of whole wheat bread with turkey slices, half a hand of sliced up cheese, lettuce and for a snack after a half hand of special K cereal in a bowl and I put a yogurt serving over it. To top it off, protein shake w/ water only in it.

3 hours later-protein bar

2.5/3 hours later for dinner-home bbq'd chicken (I took skin off), which equaled to about a 'fist and a half'. For sides to it, lettuce with maybe 2/5 a tomato sliced up, some purple onion 1/8th probably, 3 thin potato slices (a pinky finger sized tall and not even the width; had it to add some flavor).

3 hours later-protein bar, debating a protein shake, but just drinking water

I had one diet pepsi today...down from like 4-5 a day....so I'm trying...it's zero calories though...and though it contains things that your body could do without...I don't think it should be an issue if I want to enjoy one a day or so...unless someone can convince me otherwise and explain =)

So yeah, day one done, feel great, day 2 tomorrow =)

-Tom

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## Re:My daily log

Posted by chub\*rock - 2008/05/18 23:05

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I just finished my first week, so you are right behind me! Good work today! Keep with it. peace...

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## Re:My daily log

Posted by tmaj2004 - 2008/05/19 11:07

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Plyo is done...I hate it...but...love it lol...man..20 minutes left you realize how out of shape (cardio wise) one can be.

I go biking tons but that could not have prepared me whatsoever...

In the second half of this I start the 30 second exercises at 25 secs because I needed a breath. Push push push!!!! I'm ready for plyo the upcoming weeks and feel great right now. Since this is first week I was more about pacing.

Feels great though and I continue to eat healthy today =)

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## Re:My daily log

Posted by Medikman - 2008/05/19 23:30

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Good job, I have Plyo tomorrow.

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## Re:My daily log

Posted by Coy G - 2008/05/19 23:38

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Here is a reason why any kind of diet beverage isn't much better -- sugars. No calories = no taste/flavor so to fix that they increase the sugars which can possibly be worse than a few bad calories. Not to mention carbonated beverages slow your body down a bit.

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## Re:My daily log

Posted by tmaj2004 - 2008/05/20 21:28

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Day 3: though today was tough, it was breather and a bit of a 'break' from the high intensity that day 1 and 2 bring (not to say this wasn't intense, but it was less than chest). Ab ripper x I did immediately after..fun lol My back is kinda messed with the 4th vertabredigging into the 5th, so it will take time before I can do some of the ab ripper x exercises; improvised again and feeling it, but I'm getting there.

Sleeping patterns are changed as are eating (I can look at pizza and not be tempted). Will power.

Loving it. Can't wait to try yoga x tomorrow!

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## Re:My daily log

Posted by Les - 2008/05/21 09:44

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Good going Tmaj  
you gonna love Yoga, just remember that this is X so even if you did Yoga before it is still intense.  
and if you're a newbie just see it for what it is, a learning curve and enjoy.

Week 1 almost done!

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## Re:My daily log

Posted by Iskarp - 2008/05/21 09:55

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We all went to YogaX the first time or 2 on the short, yellow bus.

Once you get used to it, you will look forward to it. Especially the elusive CRANE... When you can get up into that for 30 secs or so, you know you have made it!

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## Re:My daily log

Posted by tmaj2004 - 2008/05/21 11:51

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Day 4 done (minus diet for the rest of the day which to be honest is a breeze).

Yoga X...hated it...lol...at first! Just due to the acids building up quickly in my shoulders (what do I take again to lower that?). I'll get use to it though. I was flat out deked on how tough this could be. Couple times I was thinking 'why can't

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this be plyo! lol Some of the things I could not do so just had to improvise (which still tired me out heavily). I think the thing I disliked the most was how it felt you were doing so much and it seemed like time was going by so SLOW...but I have to improve that with having more clear of a mind when doing it which will come over time. It was tough though.

Legs and back tomorrow!...I think? haha => Can't wait.

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## Re:My daily log

Posted by tmaj2004 - 2008/05/22 08:11

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Day 5 legs and back done.

It was a nice break from yoga x, probably my fav day so far in terms of relaxation...though thurs and fris I gotta ne om at work around 9, so waking up at 6:30 is the only thing that is very blah like....lol

Right now for chin/wide grips and the like, I'm using the steel bar going across the basement ceiling which is tough because I can't really grip well (half grip if that makes sense) so I use a chair to help out...I need to buy a chinup station lol => Maybe in a week once my muscles are back in the groove of moving. More sense that way.

As well, diet is going excellent as well. For fun I decided to estimate how many calories I had yesterday...took at labels and such, and it was around 1150/1200 calories :) I felt great though and never really hungry though...then again, I am looking at fat shredding it first...I use to eat around 2500-3000 no exercising!

Feeling great, kenpo tomorrow...which...!m worried about because that will pure cardio like plyo lol I'm sure it'll be fun though!

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## Re:My daily log

Posted by Les - 2008/05/22 13:41

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tmaj2004 wrote:

Day 5 legs and back done.

As well, diet is going excellent as well. For fun I decided to estimate how many calories I had yesterday...took at labels and such, and it was around 1150/1200 calories :) I felt great though and never really hungry though...then again, I am looking at fat shredding it first...I use to eat around 2500-3000 no exercising!

what is your nutrition level?

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## Re:My daily log

Posted by Coy G - 2008/05/22 15:47

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If you under eat in calories your body will burn up all its energy and you won't be able to perform at a top level. If 1200-1500 calories is what you're supposed to be eating then that's fine, but just make sure you don't cut anything out.

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## Re:My daily log

Posted by tmaj2004 - 2008/05/22 17:14

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I think it was the 2200 calorie range..

thing is...I'm eating what I like, covering all groups, all have great protein, carbs (for working out of course), nutrients, etc..

ie)my idea of a salad is lettuce/cabbage with carrots sliced up, tomato sliced up (not much as on Fat Shredding diet, and

only suppose to have one serving of fruit a day), green onion, celery, cucumber, and sprinkled with some shredded cheddar cheese: that there fills me up and I'm 226 lbs!! No sauce, no meat, nothing: sometimes I'll have 2 pieces of breaded halibut which is only like 6g carbs, 150 cal for the 2, with it

I don't know...I'm just so energized...am feeling myself get strong..cardio is better..back is feeling better...and like I said...I'm more energized than I was before...it's really weird...

I understand completely the idea of eating the calories to stay/be active and to get stronger...but I'm feeling all that and more based on my 'weird' diet...

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## Re:My daily log

Posted by tmaj2004 - 2008/05/22 17:34

this was how I ate today:

woke up, powerbar 30 mins before workout w/ half glass of milk (had no more milk in the house lol)270cal  
after work out 2 slices of whole wheat bread w/ 2 turkey slices inside, some shredded cheddar cheese and lettuce w/  
protein and water mixed together 210

lunch time had 2 taco shells (hard) with 2 turkey sausages and some cheddar cheese on top. 100 cal for 2 shells w/ 13g  
carbs only, 2 turkey sausages low on fat at 100 cal combine, and little bit of cheese if I had to guess, 50 cal for  
arguments sake. 250 cal

3 hours later protein bar. 240 cal

Drinking water all day.

Got home just now, had home made vegetable soup. For desert right now, handful of special K with blueberry yogurt on  
top. 270 cal or so

1240 cal right there; and I worked out today legs and back.

I'm pretty content, and I'll be having another protein bar or shake later with some pistachio nuts on the side.

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## Re:My daily log

Posted by tmaj2004 - 2008/05/23 08:29

Day6: Kenpo. Owned it. It was fun, relaxing surprisingly, but the punching and kicking was awesome, felt like I was  
punching and kicking tension away =) Built a very nice sweat and I wasn't out of breath like Plyo! lol (let's see how plyo  
goes next week lol). Helps I use to box a bit in the day.

Honestly, I think I dislike the warm up more than anything lol Obviously you need to, but just saying =)

Day 7 tomorrow!

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## Re:My daily log

Posted by tmaj2004 - 2008/05/25 12:05

Day 7 and 8 now complete

7 was relaxing with stretching.

Also had a bbq to go to, so I spoiled myself and had a big juicy burger with bun lol Altogether the cal intake of 2000-  
2100cals for the day(which I guess is what I should be at anyways).

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Today was chest back again. I was tired again, but did improve slightly with reps. I took the same weights I did last week...or so I thought..see, I use adjustable weights, and last week I used 15s to get into it, day one and such...so wanted to see how I did...thing is I didn't realize till the END of the workout I was using 25s lol However, today was not bad at all. So that's my progress so far!

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## Re:My daily log

Posted by tmaj2004 - 2008/05/26 11:03

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Day9-Plyo...I am very surprised at the difference between last and this week...my endurance is much better, my breathing, though sometimes heavy, was great, and was able to do more exercises at 30 secs rather than say 25 secs. Felt good!

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## Re:My daily log

Posted by Les - 2008/05/26 14:49

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Keep smiling it gets better.

and yeah watch out for those plates on your adjustable dumbbells they tend to slip in where they ain't supposed to be at. like say 25 when you're looking for 15

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## Re:My daily log

Posted by tmaj2004 - 2008/05/29 21:53

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been couple days with an update, but yeah, been sticking to it, today was legs =)

I can finally do in Ab Ripper X the work out where you lay on your back, straight forward, then left alternating to the right etc...

Before I couldn't because of my back..now I can do 25...so very sweet

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## Re:My daily log

Posted by tmaj2004 - 2008/06/01 23:47

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still eating right, had a cheat day yesterday (rest day) and actually had a home made rice krispee square :P Small, and only one lol

However, week 3 has started, plyo tomorrow (day 2 of week 3)  
I wonder how intense 'rest' week will be lol

What a difference today from day 1...damn...  
my mom notices a difference by saying 'you look like you lost your stomach' lol my arms feel great, my core body feels great, legs feel great, everything feels great lol

two weeks to go before 1 month mark! and I can take pics of that

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## Re:My daily log

Posted by tmaj2004 - 2008/06/07 21:14

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3 weeks done!

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Starting the 'rest' week tomorrow =)  
Haven't posted as I've been awfully busy, but yeah, in 3 weeks so far, I have lost 7-9 lbs while getting stronger definitely =)

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## Re:My daily log

Posted by tmaj2004 - 2008/06/26 21:31

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almost done week 6, I love this stuff

I've lost 4 pant sizes and my body is definitely changing =)  
Put on shorts(though tight still) that I haven't been able to put on since college! =)

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## Re:My daily log

Posted by he4dhuntr - 2008/06/27 09:16

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Sounds like you're getting some awesome results!! Keep up the great work!

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