
Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/04/25 20:51

Tomorrow the confusion phase begins! I am so jacked that I almost started today!!! Pictures after plyo on Sunday..

Anyone with me??

Get my certificate ready... Hear that Addict??? That's me on your heels brother!!!

Can you heaaaaarrrr what Iskarp is cooking??? It is a low sodium Tomato Basil:P !!

The journey continues...

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Re:Phase 3 starts on Saturday 4/26

Posted by TiamatFix - 2008/04/25 21:33

Can you heaaaaarrrr what Iskarp is cooking??? It is a low sodium Tomato Basil !!

LOL!!!! Omg ha ha ha, your totaly ripping my abs up with that comment.

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/04/26 13:39

OK, OK... I am here to say that Phase 3 is like starting P90 for teh first time. I thought I already did Chest and Back??? I felt like I never worked out before!!

But I did press play, I did get through it and ripper as well!!

Now I am really learning the full muscle confusion effect...

LOVE IT!!!

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/04/27 11:41

Plyo this morning!!!! Man did I miss this one!!! Unfortunately it came after going out to an amazing dinner last night at a top 10 steakhouse with a group of friends!!!

Amazing how much you appreciate every bite when you have been eating clean. They had these deep fried lobster 'nugget' things. Unbelievable!! Back in the day I would have had like 10 of them. I was more than satisfied with sharing 1 with the wife. You can be on this or any other program, and splurge within reason. Have ice cream. 1 or 2 bites, not 1 to 2 quarts!! It's cool if you do it once a month.

This morning, though, the kids wanted to get breakfast on teh way to Sunday school. I had an English muffin and ice coffee. Dropped them, then Plyo. Like Anchorman said, "It's so hot, milk (ice coffee) was a baaadd choice" No cramps, but I am still feeling the effects an hour later.

Feeling sore from Chest and Back.. Can't wait to see how I feel the day after Shoulders and arms!!! I love the confusion thing. This is the real deal!!!

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/04/28 11:20

Skipped working out early this AM as I was in a Church Poker tourney last night. Good news, I finished in the \$\$, bad news, I finished in the money at 11:00PM!! I am going to try to squeeze in Shoulders and Arms tonight. It is one of my favs so I should be able to get a good one in!! with Yoga tomorrow, I should be fine with the short rest.

Still a bit sore from Chest/back, and Plyo did the trick as I am sore in the legs as well!!

Phase 3 is the shizzle!

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Re:Phase 3 starts on Saturday 4/26

Posted by Les - 2008/04/28 12:03

I remember Phase 3, ah the beautiful sky , the smell of spring, fish jumping in and out of the creek, the dog is chasing the cat which is chasing a chipmunk and then....

Chest shoulders and triceps.

super slow push up, one arm push up

dips that bring fire to your triceps, (you glad you didn't pick up that 45lbs plate)

congdon locomotive: you remember how it felt last time and you were supposed to go low on the weight because 75lbs in each hand is murder, but you've already done 15 reps so you refuse to switch weight because you have to start all over again.

come on brother, the gates of Sparta await us

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/04/29 08:53

Man, the polio is setting in. Yoga was sooooo nice this morning!!! Strrrreeeeccccchhhh, that does feel glorious.

My legs still hurt from Plyo on Sunday, my chest still hurts from Saturday (Chest and Back), and my biceps are burning from the late afternoon Shoulders and Armfest!!! Yoga was like the friendly Oasis on the road to Spartaville, USA! Tomorrow....

Back on the road with Legs and Back!!!

Pics are scheduled tonight, but I may do them tomorrow as I am taking my little girl to the Marlins / Dodgers tonight!! GO BLUE!!!!

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/01 07:46

So crazy day at teh baseball game on Tuesday. If you watch SportsCenter and saw the plays of teh day, I made #1!! Really, Dan Uggla did when he fell into my lap catching a foul ball!! It was awesome. My buddy's son is a little sore, but totally worth it! They are getting him a signed ball and everything.

Anyway, with that late night, I did not work out in teh AM on Wednesday, I did it in the evening.. Legs and back. I shattered my old record of 100 pullups and I banged out 120!!! Total progress. Earlier in the week, the pullups were like my feet were in concrete!! Last night, like they were being lifted up for me.

This morning, KempoX. I was pretty happy to see Kempo on the schedule today as it is one of my easier workouts. I sweat quite a bit, but I am better at cardio than resistance. It was tough going on 7 hours rest though.

What are the 3 best numbers to a guy like me??? 1 9 9!! That's right, I went under the bar this morning!!! I guess that is what I get for not getting on the scale for 3 days...

Phase 3 in effect y'all!!

Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/06 08:42

Yoga... Yoga... Yoga, this morning. Great stretch!! Loved it. Tonight, i will do the balance and belly postures.

Progress is still coming. The weight is still a bit too stable for me. I would like to lose 5 more down to 195 by the 22nd. I think that I may mix in some 3-5K runs as I streak towards the finish line.

VEGAS, HERE I COME!!

Re:Phase 3 starts on Saturday 4/26

Posted by Les - 2008/05/06 09:32

the 3-5K ought to do it.

You could try and tweak you're protein intake

Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/06 09:34

Up or down on the protein?? I am definitely looking to lose fat, not muscle.. I was thinking by adding some cardio at the margin, I could drop 2# per week if I keep everything else the same.

I am definitely happy with the muscle and tone progress, but would like to lose some fat in the midsection to start 'popping' the abs.

Re:Phase 3 starts on Saturday 4/26

Posted by Les - 2008/05/06 11:35

i was going to suggest down on the protein but that will affect your muscle gain.

stick to your initial plan of 3-5k

I was literally loosing up to 2 lbs after each Plyo session, granted it's more water than anything else by with that much calories burn some fats are helping fuel the fire.

Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/06 12:22

Yeah, I think that I will just keep the fire burning more during the day by running and keeping my fuel intake the same.

Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/07 07:24

Legs and back this morning. The pull up record fell again!!! I am right at 120 now!!! Hard to believe it, but I am there. The biggest problem now, is the tore up hands from the bar. Abs tonight and Kempo tomorrow. I will probably double up with a run tomorrow depending on the smoke situation down here. There is a fire around lake O and the smoke is nasty!

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Re:Phase 3 starts on Saturday 4/26

Posted by Les - 2008/05/07 13:24

you do 120 pull ups?

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/07 14:33

Not all at once man... I am doing approx 15-20 chin ups and wide grips per set, and 12-15 closed grip and switch grip per set. 8 sets adds up. I started at about 5-10 per set initially.

My biggest problem now is not my back giving out, but my hands are blistering/callusing at the base of my fingers/palm. But the grip feels slippery with gloves on as I cannot close my hand fully around the bar.

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Re:Phase 3 starts on Saturday 4/26

Posted by Les - 2008/05/07 16:41

I hear you on the blistering/callusing. I post it about that awhile back but no one I didn't get a reply. my new gym as a foamy grip and although i only used it once I think it helped a lot. my issue is that i do the crossfit way of pull up (do a search on youtube) which involves the full body and especially the abs from bringing my knees up on my way up.
No pain no gain I guess

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/08 07:51

I got the beachbody bar and it has the foam grip on it. I guess I have to man up and let the hands blister a bit and callous over.

Kempo this morning.. Too EZ now. Any suggestions on how to kick it up to get teh HR moving?? Almost considering doing Plyo on Thursdays in place of Kempo to get the cardio I need to lose teh fat.

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Re:Phase 3 starts on Saturday 4/26

Posted by Les - 2008/05/08 16:26

I knew that day was coming, Kenpo does tend to slow down as you build stamina, what I did to remedy this situation was to continuously bounce around like a fighter, it doesn't take long for me slow down.

as for Plyo for day 6 I personally wouldn't do it simply because you be back on Sunday, keep in mind the abuse that your knees will take twice a week.
but then again it's Plyo and I love Plyo.
Maybe just give it a try and check your level of soreness, I would.

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Re:Phase 3 starts on Saturday 4/26

Posted by Les - 2008/05/09 18:16

we do do a lot of pull ups don't we?

Nice

I was putting up a clinic on chin up a the gym today, it was easy I was working out with the old folks , they're easy to impress.

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/10 21:39

I love taking the kids to the park and pumping out like 30 pullups on the monkey bars all nonchalantly. When I am done, all the soccer moms wiping the drool off... I am starting to get used to the attention!!

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/12 10:04

I can see the light!!! Shoulders and arms today. I think I am coming down with a little cold. My throat was a bit sore and I felt like I was working in Jell-O today. BUT..... I completed and my numbers were very respectable. Right in the zone from 2 weeks ago!!

Plyo yesterday was like butter. I love that workout. I looked like I went swimming as my shirt was sopping wet!!

Looks like I am going to be 1 recovery week short of my 90 days before vegas. But I can certainly do my recovery workouts out there.

I am no psyched that I am almost through the first round!!!

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Re:Phase 3 starts on Saturday 4/26

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

The good news... I don;t have a cold. The bad news... The throat irritation was due to a ton of smoke from wildfires funning through south Florida!!

Yoga this morning went without a hitch. I was a bit tight at first, but as I settled in, i was fine. Balance postures tonight.

Last night I did Ab ripper to finish up for the day and I was able to complete including Mason twists!! I did 35, then rested 10 secs and completed 20 more for a 55 total. Not 50 in a row, but getting there!!

The goal line is fast approaching... I can almost taste the Victory Recovery Drink!!

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Re:Phase 3 starts on Saturday 4/26

Posted by Les - 2008/05/13 11:59

We see you brethren. keep coming and beware of the side road hurdle namely ice cream, TV, the snooze button and others. One of them (ice cream) got me yesterday at the gas station.

you're doing great.

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/15 08:59

Kempo... Week 11.... That officially puts week 11 in the books!!!

I think I am going to skip the rest day this week so I can dive into week 12 and complete the week on Wednesday... The day we leave for Vegas!!! I can do recovery week there at the hotel as there are no weights involved, just myself and my DVD's.

I am hoping to work on the super cardio sequence and spreadsheets on the plane. I am sure I will be able to use Kenny's to modify and then post when it looks good.

The gates are before me!!!

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Re:Phase 3 starts on Saturday 4/26

Posted by tizom - 2008/05/15 09:46

keep it up man. nice job, very impressive.

i am starting on monday, i hope i am as successful and committed as you

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Re:Phase 3 starts on Saturday 4/26

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

Races (and battles) are usually won in the end. The fighter with that little bit extra in the tank reaches deep within and takes advantage of his opponents fatigue and willingness to quit.

Week 12 begins today!! The final round (of this go around). I asked myself before I started if I would have enough in the tank to whip this. And I said yes!!! I have made it to the stretch...

Back, Shoulders, and tri's today!!! I kept the rep numbers blind today and only referenced my previous weights. Then I upped all of them 5#. Guess what??? I exceeded my reps every time as well as my previous weights. Try it sometime.. I gotta say that I have not been this worked since week 1 of phase 1 and 2!!!

Commin' to get you Addict!!! And I am gathering an army for round 2!!

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/19 09:27

I've gotta tell you... The phase 2 sequence is a KILLA!!! Chest, back and tri's, followed by Plyo, then followed by Back and bi's..

I can barely move my arms this morning!!!

All of you in phase 1, be ready to bring it in phase 2!!

Finishing strong. Nice stretchy Yoga tomorrow, then I will double legs and Kempo to finish on Wednesday and back the rest day..

GOIN' to VEGAS BABY!!

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/21 09:53

The sweet feeling of finishing the workout. You know, when you complete the last exercise and all you have left is the cool down...

Well brothers (and sisters), that time is upon me. I imagine that I will spend this Final Stretch week reflecting on all of the hard work and sweat. I will be preparing for the next 90 day phase of my fitness.

Keep your eyes out for P90X - Cardio Edition. Now that I have put on the mass I want, I am going to target the Abs and slimming down. My body tends to put on mass when lifting. Plyo 2X/week, Cardio 2X week + Abs, Core, and Kenpo + Abs.

Thanks everyone for your support!

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Re:Phase 3 starts on Saturday 4/26

Posted by Medikman - 2008/05/21 13:32

WTG it's always good to hear positive stories from people who have finished the program and are excited to start it up again.

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/26 16:09

VEGAS Update!!!

We just got back this morning!!! What an awesome time. All I can say is I thanked Tony Horton in my wedding toast!!

When I showed up to the Cheesy Elvis Chapel, I was supposed to have a black Elvis suit. It was white!!! My wife would have freaked because our colors were black and red. Anyway, the dude sized me up a bit and ran in with one of the impersonator suits. Let me tell you, this was not FAT/OLD bloated Elvis. This dude was Blue Hawaii, Elvis. That suit fit me like a glove! Without Tony and P90X, no way, I would have been screwed to say the least!!

I came out, looking awesome and my wife said I looked like totally buffed out in it.

Also, to go to Vegas, no real time to dedicate to exercise, and only go up 2# in a week!!! Testament to thinking about all of the hard work to get me here in the past 90 days. My 90th day is this Thursday! I am planning doubles the rest of the week to catch all of the 90 days then on to the new modified plan to slim down more!

Here is the link to the video, the quality kind of blows as it is a web cam, but it is fun to see. Highly recommend this chapel, if you want to do something really cool and fun to rededicate your vows.

<http://archives.vivalasvegasweddings.com/ramgen/Archive/LCarp.rv>

Addict, start the presses, here I come down the final mile to the gates!!! The gates of Sparta (and Graceland)!!

I could not have done it without y'all!!

Thank you, thank you very much!

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/27 06:36

Back with a vengeance...

To settle back in, I busted out CardioX this AM. IT is my final recovery week, but I have been off for 3 days. tonight I will

do either Core or Plyo depending on what I come back to at work. Only 2 more days remain in this cycle!!

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/28 09:00

Core this morning. Core is funny in that I don't feel like I am doing much during the workout, but when it is over, I am soaked. It is kind of like Yoga in many ways to me...

Bottom line, this morning, my Core band is feeling like I worked it pretty good, and I feel great!!

T-1 day to go!! Tomorrow is Yoga. Day 89 in the books!!

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Re:Phase 3 starts on Saturday 4/26

Posted by Les - 2008/05/28 18:02

I see you

don't wait in line at the gate of Sparta just do 15 wide front pull ups and you will be shown to the special door of Arcadians

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/29 11:35

Tick tock... 1/2 of Yoga in the books early this AM... Will do the balance postures after work tonight!!!

For day 91, I think I will do Plyo (or CardioX), just because I can.

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Re:Phase 3 starts on Saturday 4/26

Posted by Iskarp - 2008/05/30 11:41

DONE!!!! Graduation Day!!!

For kicks I did CardioX this morning to make up for the Yoga day I missed earlier in the week. I did not want to do Yoga 2 days in a row...

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Re:Phase 3 starts on Saturday 4/26

Posted by chub*rock - 2008/05/30 14:35

CONGRATS on GRADUATION DAY:cheer: WELL DONE!

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Re:Phase 3 starts on Saturday 4/26

Posted by Val - 2008/05/30 19:32

Awesome--Way to go!! :woohoo:

So we gonna get some before and after pics soon?

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Re:Phase 3 starts on Saturday 4/26

Posted by Les - 2008/05/30 20:55

Sweet

WTG indeed, Welcome fellow Arcadian.

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Re:Phase 3 starts on Saturday 4/26

Posted by Lskarp - 2008/06/01 08:26

Pics are forthcoming. In celebration of my arrival, Mrs. Lskarp decided that I should paint the kid's bathroom as well as both bedrooms!!!

I tell ya, the P90 comes in handy in real life situations. I painted all day yesterday, not all that sore today!!! Those Twist and Reaches in Core actually are useful!!!

I am hoping to take some pics today then I will post later on.

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Re:Phase 3 starts on Saturday 4/26

Posted by P90X ADDICT - 2008/06/01 14:49

http://www.weightloss-hq.biz/images/fbfiles/images/p90x_arcadian-521efad5b3884614672802df66666fab.jpg
Congratulations Arcadian, we welcome you with open arms, and present you with this hallowed honor. Now get those photos up here MR!!!

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