
rawkus\'s daily log.

Posted by rawkus - 2008/08/07 21:14

Kinda of late, but I'm on day 3.4 I got really busy the other day. So I ended up doing Shoulders and Arms earlier today, and I'll do Ab Ripper X along with Yoga X tonight.

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Re:rawkus\'s daily log.

Posted by rawkus - 2008/08/08 13:54

Yoga X....omg soooo boring. I did 20 or 30 minutes of it and just stopped. Guess I'll replace it with Cardio X or something. I'll do Ab Ripper X 2x's followed by Legs and Back later today.

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Re:rawkus\'s daily log.

Posted by Les - 2008/08/11 10:57

if you're going to drop Yoga,try to do some X stretch also

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