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## Round 2 Phase 1

Posted by Les - 2008/05/05 15:35

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I tried to take a break and do some lifting with my new found strength. On my first day as a p90x grad I went to the gym with my new routines and it just wasn't enough. I did shoulders and arms off of this exercise book but I needed more. so after some heavy pondering over the weekend I decided to go back for another trimester. and my wife is on board for the nutrition plan so that's a great help.

wish me luck

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/05 20:12

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Phase 1

Week 1

Day 1

Chest and Back/ Ab Ripper X

today didn't start of good for me.

on the day before (sunday) i had a meal and 1/2 all day, for whatever reasons.

so on my first day back to Riiland i came with an empty stomach and paid for it.

I know it's not advised by I did Ab ripper first and that took me almost 25min to complete. because I kept breaking. I eventually completed my Ab ripper and went on to start my day, I knew something was wrong when i struggled to do 10 wide pull ups, at some point I had to stop because i was getting ready to hurl, so I took a walk and found a padded matt and went down for a total body rest for like 10 min. i went back to the weight area to complete my workout and essentially did 8 out of 12 before I could no longer continue and I had to stop.

after getting back to the office and eating all I could up to lunch time and second snack I went back to the gym with a vengeance of an Arcadian around 3:30pm ( what you thought I was going to start over and mess up my graduation date?) and I kicked ass, it helped that one of the trainer who interviewed me was there and he knows that I'm doing a second round of P90x so I had to represent for Sparta.

Tomorrow is Plyo MUHAHAHAHAHAHAH

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/06 12:02

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Day 2 Plyo

yeah it's still my favorite workout, this round I'll be doing on carpet as oppose to the gym mat I was doing it on at my old gym.

I kicked ass and it felt good, new environment machines everywhere and I'm on my corner sweating bucket like nothing, after 1031 calories burnt I was ready to go to the office.

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/07 16:46

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Day 3

Shoulders and Arms

I set my goal to the 6-8 reps and I felt it, I was using too big of weights but I didn't care I just wanted to struggle. 8 hours later the veins are still popping out.

next week I will take it down 5 pounds, even though I was doing few reps my form sucked.

tomorrow is Yoga and I promise to give it a try.

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/08 16:47

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Day 4  
Yoga

I did the 1st session of Yoga. and it was great because my muscles where so tight.  
next Thursday I'll try and give myself more time to do a bit more, because I still haven't done the full Yoga session (1:30 is very long )

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/09 12:22

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Day 5  
Legs and Back

Day 5 at my new gym, I gotta say this place is challenging, it's a bigger place so there is more people, and that makes for an experience when trying to do side lunges and trying to be considerate at the same time. but I did it.

One thing I noticed is that I was unstoppable well almost on my pull ups, I think it helped that I didn't do my Abs Ripper before the workout and with my new grips my blisters/calluses are almost tolerable.

After Legs and back I tried to do Ab Ripper but I could already tell it was going to be a pain by the end of Ins and Out so I did the bicycles (back and forth) and just to show off (it is a new gym after all, I gotta show them that mere crunches are not going to cut it, so I did some V-up Roll up about ten or so and headed for the showers.

At the showers some guy ask me what kind of training I was doing, I told him it was merely p90X, when I told him it was hardcore he was surprised because I made it look easy he said.

I didn't tell him this but I'm an Arcadian, and this is our recruitment method. he better recognize. :lol:

Sparta Bound!

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/12 08:53

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Day 5 part 2  
Ab Ripper X

I didn't get it in. I got home and the distractions of doing nothing got the best of me. actually that's on a partial blame, we go out to diner every Friday with my in-laws so by the time I got home ran a couple of errand it was time to go.

Day 6  
Kenpo

Poker night, too much wine, too much "let me try that exotic beer" too late , What time is it again darn that's half the day and we need to take grandma out at 12 for mother's day, Darn I left my tennis shoes at the gym, and my back up pair at the office.

yeah you guessed it I didn't workout. Kenpo was a not go

Bonus Day  
2nd Half of Yoga

I decided that this round I would do the second half of yoga on Sundays/rest days.

I decided to start next week.

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/12 08:56

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Phase I  
Week 2  
Day 1

I did Ab ripper X this morning before going to work.

I will do Chest and Back after work this evening on my way home

I hope that works out better than me trying to Ab ripper when i get home. that didn't work out so well last week

I did 60 mason twists today i.e. 10 on top of the bonus I think doing from memory versus listening to Tony count really helps me.

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/12 20:39

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Day 1 Part 2  
Chest and Back

I have to slow down or something, I got to the gym around 3pm, only a few folks on a weight.

I went buckwild on round 1 just refusing to pace myself, well that cost me the last exercises of round 2. I simply put my head down for pushups or anything else. I was simply nauseous

I'm still impressed with my strength as I knock down pull ups and push ups like it's warm up or demo time. now I'll use my crazy numbers as my round 1 level so I can pace myself, I know it's a bit nonsensical to make the numbers that killed your workout your goal, but hey I'm P90x grad and those are the requirement (being crazy)

I finally used the assisted pull up machine and it's very good on round 2.

Tomorrow is fun day

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/14 20:01

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Day 2

Plyo

Another great plyo day, easy 1000 calories burnt.

Day 3

Ab Ripper / Shoulders and Arms.

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I did my Ab Ripper early this morning.

Shoulders and Arms got bagged this afternoon, I'm liking these afternoons gym sessions. after being at work for a while it's a great stress reliever.

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## Re:Round 2 Phase 1

Posted by chub\*rock - 2008/05/15 01:09

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Lookin' good Les! I am right behind you (but this is my first round). Thanks for all your support and positive feedback. Keep up the good work!!!!

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/16 18:29

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Week 2

Day 4

Yoga

I did my first round without problems, but it's hard to do the second half from the lpod I decided to try and do the second half of yoga on sundays instead of stretching

Day 5

I did my Ab ripper this morning before going to work, I was getting worried that I wasn't feeling the burn as much as I used to so I went a bit crazy by watching limiting my breaks to 15 seconds and yes it work but i manage to do 50 mason twists and that's always good.

Part 2

Legs and Back

I'm becoming a pull up monster I was knocking them down like my wife was trapped somewhere and I had to get to her. but I did cut my workout short because a couple of meetings today took away from my project time so i had to get back to the office, but I was pleased nonetheless.

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/21 09:56

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Week 2

Day 6

Kenpo

No Go

I spent the entire Saturday recovering from late night to early morning partying. I never made it to bed, I woke up drunk, and the day on the sofa with my laptop and the remote. no physical activity but plenty of mental activities. so it wasn't a total wash.

Day 7

Yoga Part 2

No Go

since I spent all day "in bed" on the sofa taking naps I ended up staying up late unable to sleep, thank you on demand I watched TV for most of the night until i was able to sleep, so again I woke up late on sunday.

I did manage to get some housework done, so no Yoga.

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/21 10:08

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Week 3

Day 1

Part 1

Ab Ripper X

I ran through it, that was until i got to pfeifer scissors, I'm still struggling with that move it's just too slow. in the beginning I thought V up roll up will be my nemesis but no it's the scissors. ever since i did 60 mason twists 50 is the new minimum. I did 50 but that wasn't to failure and I need to get in the shower, so I stopped but i'm still feeling Ab Ripper 2 days later so I'm good.

Day 1

Part 2

Chest and Back

Working out to failure is really nothing glamorous until you take of you shirt and you chest seems to have increased 2 inches within the hour you spend doing pull ups and push ups. I other words I was happy with my performance.

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/21 10:37

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Week 3

Day 2

Plyometrics

I got to the gym yesterday and my favorite spot to do Plyo was occupied by some cat doing some balancing act, I would have love to ask him but he seemed to be in the zone plus I needed to find a room. I ended up in a room with hardwood floor where they do things like stepping and core basically group workout.

Is it safe to do jump training on hardwood floor?

in any case I did it on hardwood floor and it kept me honest as i had to land on my toes every time.

but i knocked out burnt my 1000 cal and all is well

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## Re:Round 2 Phase 1

Posted by Iskarp - 2008/05/21 11:02

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If they do step in there it probably has some sort of underlayment to cushion the landings. I do my plyo on a hard tile floor with a wicker run underneath my feet. I also wear pretty high end running / cross training shoes.

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## Re:Round 2 Phase 1

Posted by chub\*rock - 2008/05/21 11:44

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Les wrote:

Week 3

Day 2

Plyometrics

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Is it safe to do jump training on hardwood floor?

I agree with Iskarp. I worked in fitness for many years and usually gyms have certain types of floors in their aerobic studios to help absorb shock and keep people injury free. There are sub-floors under the wood that are more forgiving on the joints. You should be good to go!

Keep up the good work and loggin on...your entries crack me up:laugh:

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/22 08:52

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Thanks guys  
so now i have a new room to my list of availability.

Week 3  
Day 3  
Ab Ripper / Shoulders and Arms

no part 1 and 2

I woke up yesterday decided that since I was doing shoulders and arms i could add Ab ripper to it and do them together, which I can but that wasn't quite the case.

I got a call from wifey during the day and we decided to have an impromptu date of movie and dinner on a wednesday evening.

the earliest I could get out of work was 3pm I had to cut out Ab ripper X,  
so i did my vein popping Shoulders and Arms workout minus the second round of the bonus and decided to do a few moves of Ab ripper to relieve me of the guilt of not doing it at all.

so i did  
in and out 20  
bicycle front and back 20 and 15 respectively  
V up Roll up maybe 15  
Oblique V up 10 each side  
and of course Mason Twist 20 or thereabout, but i was feeling it so I stopped without remorse.

Took wifey to go see the movie Ironman and for dinner we shared a chicken burrito and a beer each

I'm thinking of doing some Cardio instead of Yoga for day 4 (today)  
we'll see

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/24 20:59

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Day 4

Yoga  
I wasn't able to do yoga or anything.the people i work for insist that I work for my paycheck, I figured I'd oblige

Day 5  
Legs and Back and AB Ripper X

I did Ab Ripper and I felt it by basically taking no more than 10 seconds between moves and yes I was dying by crunching frog.

Legs and Back ( No go)

last minute emergency on LBR project (personal reference)messed up my afternoon session at the gym and a 7:30pm show virtually eliminated any option for an evening session.

Day 6  
Kenpo  
(last day of phase 1)  
I went to my old gym to do Legs and Back, but when I got there I was my old treadmill and felt a need to go for a run, I warmed up for about 5min but when i went in the weight room, I wasn't in a mood for legs workout, although I could have used the back workout.  
so I went back to the treadmill for a couple of miles of high intensity run.

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/26 10:06

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Phase 1  
Recovery week  
Day 22

Yoga X  
well it happened again I had great intentions. After finding the Yoga dvd i decided that today was going to be the day I do Yoga in full length, but as fate will have it today is not going to be the day, yet again.  
right before the end of the movements session, my wife comes to say bye on her way out.I hear the garage door open and then i hear a noise i can't quite make out with the all the appliances in the house giving their energy sucking concert.

she yelling my name from the garage, one of the springs from her garage door broke so it didn't open up in full which of course she couldn't see from her seat, it was high enough to let her car go under but not enough to clear the antenna. and that's the noise i heard my baby lost her antenna. so she is off to the House improvement store to get a new spring.

and me I'm done with yoga for now perhaps i might pick it back up later today.

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/28 17:48

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Day 23  
Core Synergistic

I don't know what it was but i could barely survive that workout yesterday , it could have been the heat, or the time of the day to much water but i was suffering, I certainly was not Arcadian like. I was exhausted and completely drenched. Only to find out i didn't set my HR to record my exercise so I don't know how much calories i burnt.  
but i survived.

Day 24  
Kenpo

after the day before fiasco i got up early and after finding a suitable location in the house I started my workout and for the first time I decided to control my heart rate zone, it was kind of hard because I kept having to slow down ever so often to not get over my zone, so i couldn't get to active when running in place between session and do mini jump and jacks and definitely no X time.

All in all I was in the zone for nearly 40 min out of the hour.

I definitely can't see myself maintaining this kind of discipline during Plyo as I always above my zone and can't help but stay up there.

tomorrow is stretch day

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## Re:Round 2 Phase 1

Posted by Les - 2008/05/30 08:09

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Day 25  
X Stretch

I decided to chill

Day 26  
Core Synergistic

I went spinning instead of Core Syn. it was fun actually, I heard so much about it that I decided to give it a go and I'm glad I did, I might try it again at my next recovery week

burnt 687 cal

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## Re:Round 2 Phase 1

Posted by Les - 2008/06/02 16:35

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Day 27  
Yoga

I lost the DVD player in the room where I wanted to do Yoga, and after trying multiple dvds and I scratched Yoga from the schedule as i had to start running some errand in preparation for our evening outing.

Day 28

Rest/ Stretch

woke up late from the night before and I semi planned on doing Yoga but with my wife's lack of clothes issues (it took her 2 hours to find something she could tolerate to wear) all her clothes are too big, it sounds fine until you're 2 hours behind schedule.

anyway we practically spent all day at the Mall. I too needed some shirts as mind are getting too big.

and So ended my recovery Week

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