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## Starting Phase I Lean Routine 4/14/08.

Posted by brandnu76 - 2008/04/03 10:20

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Hello everyone, I just received my copy of P90X and plan on starting the lean routine on 4/14/08. I was wondering if anyone would like to start with me for a little added support, possibly make a little club out of it. Let me know if you are interested.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/03 10:38

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I'll be starting on 4/7 with my wife so I think it's close enough! My delivery is scheduled for today and we have been doing some prep work to be ready for Monday.

I took the fit test and only did really poorly on the the pullups. My goals are to get stronger for golf and look good. I'm 5'11", 171lbs and 18% BF and would like to get it down to 9-10% with some added muscle.

Brandu, will you be doing your workouts in the mornings or evenings?

ready to start already,

Court

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by brandnu76 - 2008/04/03 10:49

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I was planning on starting on the 7th, but we're going out of town for a week and I know temptation will be around every corner there (family). So I decided to get started when I get back.

I'll be doing most of my workouts in the mornings after the kids get off to school. However, once I start my new job, I'll probably switch to evenings.

I took the fit test as well. Kind of reminded me of my army PT test days, except the push ups were much harder in the army.

Sounds like you're starting out much better than I. I'm 5'7 200 lbs. with about 25% body fat. I'm trying to get down to about 15% by mid July. After a quick rest, I'll start the classic routine. Once that is complete, I plan on trying doubles. Once all that is done, I'm going for P90X Plus.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by kenny - 2008/04/03 15:17

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Advise - If you have some time, try to do some of the workouts to get a feel of it.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by brandnu76 - 2008/04/03 15:37

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Thanks, that's a great idea. I'm going on vacation next week, so I'm currently in the process of transferring the videos to my ipod. It'll probably take me all night, but at least I'll be able to do the workouts with some travel bands while I'm away. Thoughts?

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/03 15:51

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Yes, thanks Kenny. I think we should be able to get through some of them before Monday. Which ones are the hardest to get a hang of?

-Courtland

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Les - 2008/04/04 15:06

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Courtland wrote:

Yes, thanks Kenny. I think we should be able to get through some of them before Monday. Which ones are the hardest to get a hang of?

-Courtland

I can't tell you which ones are the hardest, for all i know you're Addict little brother and just as motivated. but some of the more demanding ones are Plyo and Yoga.

My favorite is Plyometrics so I'd suggest that one for tryout but it is high impact so No Go On Bad Knees.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Les - 2008/04/04 15:08

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brandnu76 wrote:

I'm currently in the process of transferring the videos to my ipod.

That is simply ingenious.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by wshngtn214 - 2008/04/04 15:27

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Courtland wrote:

Yes, thanks Kenny. I think we should be able to get through some of them before Monday. Which ones are the hardest to get a hang of?

-Courtland

Welcome aboard everyone. Les is right about plyo and yoga being the toughest in my opinion...but if you have time, give core synergistics a shot too. You don't do it much in the classic version, but it's a challenging workout. My problem wasn't getting the hang of them, my problem was getting really sore from them. I did plyo 4 days before my start day and I was glad I did.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/07 22:52

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Day 1 is in the books! My body feels like a wet noodle, but I feel great. I definitely need to up the weights since I ended up doing sets of 15 instead of 8 as planned. Tony had us cursing and laughing throughout the Chest/Back, and we were just cursing during Ab Ripper X.

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Looking forward to plyo tomorrow!

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Les - 2008/04/08 06:49

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Courtland wrote:

Day 1 is in the books! My body feels like a wet noodle, but I feel great. I definitely need to up the weights since I ended up doing sets of 15 instead of 8 as planned. Tony had us cursing and laughing throughout the Chest/Back, and we were just cursing during Ab Ripper X.

Looking forward to plyo tomorrow!  
Keep smiling it gets better

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Chadwick - 2008/04/08 11:02

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Courtland wrote:

Day 1 is in the books! My body feels like a wet noodle, but I feel great. I definitely need to up the weights since I ended up doing sets of 15 instead of 8 as planned. Tony had us cursing and laughing throughout the Chest/Back, and we were just cursing during Ab Ripper X.

Looking forward to plyo tomorrow!

You and me both, last night was my first night and holy crap! "I can barely lift my right arm, cause I did so many." ;) But seriously, I was dead after I was done, tried to take a shower and could hardly lift my arms up to wash my hair. :laugh:

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by P90X ADDICT - 2008/04/08 13:40

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Chadwick wrote:

"I can barely lift my right arm, cause I did so many." ;) But seriously, I was dead after I was done, tried to take a shower and could hardly lift my arms up to wash my hair. :laugh:

Any day that you have to crawl from your push up position to write down your reps is a good day, means you have ripped up some muscle tissue! And thats a good thing. I would be careful doing that many reps to start, if you are in the 3-5 range and you discover that the weight is to light, stop your video and go grab some bigger weights, but you can count the reps that you already did or you can start again. You will see bigger resulsrts faster if you change it, then wait for next week to up the weight. In addition, you will be really surprised at how fast you progress with upping the weights, by week three your gonna be killing it !

Congrats on making the decision to change your life, and welcome to the sweat train...next stop..rippedville.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/09 23:39

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Greetings all,

Days 2 and 3 in the books!

Day 2 Plyo: Wow, that was an asskicker! I dropped to the mat in the middle of 2 of the sets due to my quads just maxing out. That was awesome. A few years back I did endurance cycling training and it was nearly impossible for me to burn out my quads. I always had problems with my heart rate getting too high before I would ever reach lactic threshold. This brings me to another question: Where should I keep my heart rate during Plyo? I kept bumping up to 170-175 within 15-20 seconds into a set. I'm 35. I know I should be around 157 for aerobic zone, but I don't get much

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muscle burn in that range. When I cycled I could keep 165 bpm for 3 hours with some cool down breaks. My coach would be at 120 bpm while I was at 160. I did a stress test 2 years ago and was able to get up to 205 bpm without a problem. Should I try to keep it around 157 bpm It feels like i'm dogging it there?

Day 3 Arms/Shoulders/ARX: Amazing arms workout! There was so much variety I think I need some more weight plates to get the best out of it. I used 2 sets of weights and I think 1 more would let me get the best out of all of these without compromising form. Ab Ripper was much better today. I sat on a towel for some of the exercises. My lower back was burning up before I got an ab burn early on and the towel helped.

Diet: I need to add more calories, but I'm so full all day long just getting to 1800. My protein intake has been 200-211g/day. My mother is a naturopathic doctor and we worked out a new supplement plan for us today. It maps pretty close to the P90X supplements, but all of the ingredients are 100% natural without those nasty fillers and binders. I also got some new flax oil that is cold pressed and fresh so it doesn't taste so fishy.

I think this is the longest post ever so I will end it now ;)

PS: Good work Chadwick! What did you think of Wednesday's workout?

-Courtland

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by discoV - 2008/04/10 00:45

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courtland, I'm glad you started on 4/7 b/c thats when I started. I was hoping someone would start then too. I have another post about it back in the forum. My girlfriend keeps hearing me talk about P90X and now she wants to try the Lean. I think she will be starting on the 14th as well but I dont know if she'll ever get on here and post. She doesn't get on the internet a whole lot

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/10 00:58

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discoV,

Welcome to the forums! It looks like 3 of us started on the 7th, so we can keep each other motivated.

brandnu76 started this thread because he is starting on the 14th -- just like your girlfriend. Looks like all of us can team up together and bring it!

-Court

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/11 21:27

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So last night was Yoga X. I loved it even though I struggled with the entire middle section. My face thanked me over and over for using a pillow during crane. :ohmy:

I was talking to my neighbor the other night (he does a lot of training in his garage and I see him doing intervals on his bike all the time) and we started talking about P90X. He had seen the infomercial and I was telling him about my first week on it. He sounded interested so I invited him over to try it out with us.

He came over yesterday morning and I threw in Cardio X. He rocked it 100% I did more of it than last Saturday (about 80%). My heart rate still gets too high and I have to back off even though I want to push more.

When we finished he said it was one of the best workouts of his life. Wouldn't you know it -- this morning he rang the doorbell and asked to borrow another disc. I chuckled as I handed him Plyo X. When I went back over later in the day to

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get the disc from his wife she said he got his butt kicked.

So I ended up doing a double yesterday, and I felt pretty weak today. I had a doctor's appt and the nurse was cleaning my ear out and I think she poked my brain. I had an earache during legs/back so I didn't get all the way through it. :( I called them and they called in a prescription of antibiotics for me to pick up tomorrow.

I hope it works quickly so I can bring it next week.

I upped my diet to level 2 today because I was feeling pretty weak. No energy loss, but I just didn't feel right.

Cheers,  
Courtland

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by P90X ADDICT - 2008/04/11 22:23

Courtland wrote:

we started talking about P90X. He had seen the infomercial and I was telling him about my first week on it. He sounded interested so I invited him over to try it out with us.

Wouldn't you know it -- this morning he rang the doorbell and asked to borrow another disc. I chuckled as I handed him Plyo X. When I went back over later in the day to get the disc from his wife she said he got his butt kicked.

Careful, make sure he returns them!! He's not one of those neighbors that keeps a tool you loaned him right? You will get alot of that now that people know you are on the program. I have seven friends and two neighbors on it now or starting very soon. Tell him he's not P90X ready and to get his own ;)

Crane will take a while to master, but make it a goal, and by Phase 3, your gonna be holding it longer than Tony and his toe touches. You should try to make Wheel a goal too, that one still kills me, but I hold it.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/11 22:28

P90X ADDICT wrote:

Careful, make sure he returns them!! He's not one of those neighbors that keeps a tool you loaned him right? You will get alot of that now that people know you are on the program. I have seven friends and two neighbors on it now or starting very soon. Tell him he's not P90X ready and to get his own ;)

Crane will take a while to master, but make it a goal, and by Phase 3, your gonna be holding it longer than Tony and his toe touches. You should try to make Wheel a goal too, that one still kills me, but I hold it.

lol, I went over and picked it up 2 hours after loaning it to him. No way those are getting out of my hands.

Crane is a new goal now. I started to do wheel but I got a little nervous. I broke my collarbone about 7 months ago so I'm still a little antsy about it. Me thinks I'll practice it on the bed first.

-Courtland

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/20 23:53

Finished week 2 yesterday! Can't wait to tear up Chest/Back/Abs tomorrow.

I played golf yesterday before Kenpo X. I was worried that P90X would affect my game. Boy, did it sure ever!

I shot my personal best yesterday (78) on my home course. I kept doing stretches from the videos throughout the 4 hour round to stay loose. Today I played again at another course and shot another personal best (77)!!! I think it was all from better balance and more energy from P90X.

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-Courtland

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Mike - 2008/04/23 18:43

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brandnu76 wrote:

I'm currently in the process of transferring the videos to my ipod. It'll probably take me all night, but at least I'll be able to do the workouts with some travel bands while I'm away.

Hmm, how is this done? I'd like to do this too.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Les - 2008/04/23 19:14

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Courtland wrote:

Finished week 2 yesterday! Can't wait to tear up Chest/Back/Abs tomorrow.

I played golf yesterday before Kenpo X. I was worried that P90X would affect my game. Boy, did it sure ever!

I shot my personal best yesterday (78) on my home course. I kept doing stretches from the videos throughout the 4 hour round to stay loose. Today I played again at another course and shot another personal best (77)!!! I think it was all from better balance and more energy from P90X.

-Courtland

it's paying off already, our very own Courtland is headed for the PGA.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by brandnu76 - 2008/04/23 19:45

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Go to <http://www.IMTtoo.com>. The Ipod movie converter and the ipod computer transfer programs will be all you need. It takes a while, but it's definitely a help when you're on the go and don't want to miss a workout.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/24 23:07

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Les wrote:

Courtland wrote:

Finished week 2 yesterday! Can't wait to tear up Chest/Back/Abs tomorrow.

I played golf yesterday before Kenpo X. I was worried that P90X would affect my game. Boy, did it sure ever!

I shot my personal best yesterday (78) on my home course. I kept doing stretches from the videos throughout the 4 hour round to stay loose. Today I played again at another course and shot another personal best (77)!!! I think it was all from better balance and more energy from P90X.

-Courtland

it's paying off already, our very own Courtland is headed for the PGA.

:lol: I think I missed that boat about 30 years ago, but wow! I think the yoga and plyo has helped my balance a great deal for golf. I can't wait until Saturday morning to see if I am still hitting it well.

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Yesterday's shoulders/arms was my best workout since starting P90X. Today's yoga was pretty tough though. I am really looking forward to the recovery week of cardio. I did some extra calf raises last night while playing Guitar Hero (I'm a junkie for it).

-Court

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### Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/24 23:09

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brandnu76 wrote:

Go to <http://www.IMT00.com>. The Ipod movie converter and the ipod computer transfer programs will be all you need. It takes a while, but it's definitely a help when you're on the go and don't want to miss a workout.

Do you need to buy the full version of the converter to rip the DVDs to m4v? Once converted can I use iTunes to transfer?

-Court

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### Re:Starting Phase I Lean Routine 4/14/08.

Posted by brandnu76 - 2008/04/29 14:45

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<http://photos-ak.sparkpeople.com/7/1/b713048905.jpg>

I was doing Cardio X this morning and during the warm up I noticed a few improvements. During my stretch I noticed I was reaching a little further. Also during the warm up, when I was transitioning from the downward dog to the runners pose, I could almost get my foot in position without moving it forward with my hand. Then with it was over, I jumped on my scale before I got in the shower and saw my body fat has dropped 2.5%. This is enough to make me want to keep going full steam ahead for the next 9 and a half weeks!

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### Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/29 15:17

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Awesome work man! Keep it up.

Tonight will be our first Core Synergistics (first recovery week). Looking forward to some change.

-Court

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### Re:Starting Phase I Lean Routine 4/14/08.

Posted by brandnu76 - 2008/04/29 15:23

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Courtland wrote:

Awesome work man! Keep it up.

Tonight will be our first Core Synergistics (first recovery week). Looking forward to some change.

-Court

Good luck with Core. I remember my first time with core. Very, very sore the next day. It's a great workout though.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Les - 2008/04/30 19:40

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Courtland wrote:  
brandnu76 wrote:

Do you need to buy the full version of the converter to rip the DVDs to m4v? Once converted can I use iTunes to transfer?

-Court

I use Imtoo's Dvd to Ipod converter and convert the dvd to mp4 into a folder which I summon to upload onto itune, and the same folder is monitored by my zune interface

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/04/30 20:58

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brandnu76 wrote:  
Courtland wrote:  
Awesome work man! Keep it up.

Tonight will be our first Core Synergistics (first recovery week). Looking forward to some change.

-Court

Good luck with Core. I remember my first time with core. Very, very sore the next day. It's a great workout though.

You aren't kidding. Core was an asskicker last night. I loved it. In the first 5 minutes my wife said it was the best video so far, but at the end she said it was worse than plyo. Kenpo was the perfect follow up today. Looking forward to more Core on Friday.

What day are you on Brandnu?

-Courtland

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by brandnu76 - 2008/05/01 14:17

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You aren't kidding. Core was an asskicker last night. I loved it. In the first 5 minutes my wife said it was the best video so far, but at the end she said it was worse than plyo. Kenpo was the perfect follow up today. Looking forward to more Core on Friday.

What day are you on Brandnu?

-Courtland

[http://img.metro.co.uk/i/pix/2008/03/hulkstill\\_450x250.jpg](http://img.metro.co.uk/i/pix/2008/03/hulkstill_450x250.jpg)

I just completed day 18 and I can honestly say at this point I truly dislike Yoga X. I would much rather do Tai Chi than yoga. Oh well, I just liken it to taking Zicam. It's not always the best tasting, but it does the job.

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/05/07 23:45

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I disliked yoga in the beginning too, but it's becoming one of my favorites (Core is my new favorite).

Finished day 30 today. Before the back and biceps/ab ripper I did a 30 minute interval ride on the mountain bike. My legs are nowhere near where I used to be back in the day. Hopefully at the end of 90 days I will be able to turn the

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cranks with some intensity. I posted some pics up in the before and after section to give me some incentive to make a big difference in phase 2.

-Court

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/05/23 09:26

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Day 45 done!

Today is the beginning of the 2nd half. I hope the next 45 days show as much improvement as the first 45.

I am loving Yoga because it is a good gauge of progress. The moves get easier. The burn isn't as bad. I can go deeper in the warrior positions. Looking forward to the day when I can ace through Yoga 100%.

Have you guys seen this video of planche pushups? Holy crap.

<http://www.youtube.com/watch?v=rghpvUUy7bA>

-Court

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Les - 2008/05/23 14:52

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Where've you been? working hard i see.

that video is crazy and it's not going onto my must do list

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## Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/05/26 23:09

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Les wrote:

Where've you been? working hard i see.

that video is crazy and it's not going onto my must do list

Posting a little, but haven't updated the log in a while.

Woke up this morning ready to knock out chest/shoulders/triceps and realized that this was recovery week!

Did a poor rendition of Yoga-X which felt like 70% of last week's Yoga. I don't think it is possible to see gains every week for a given workout. I usually expect to see some major progress in a given workout the following week, but some days you just can't pull it off.

Don't get discouraged when that happens. Some days your body just isn't running at peak performance. You want to be able to add that 5 or 10lbs the next week, but sometimes you just can't because it's an off-day. Don't sweat it. It WILL happen.

Stay motivated and bring it!

-Court

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## Re:Starting Phase I Lean Routine 4/14/08.

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Posted by Courtland - 2008/05/26 23:27

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Saturday I skipped Kenpo to ride the bike. Dragged myself out to the Suncoast Trail for 37 miles of absolute hell. I thought I was rocking it for miles 20-30. Had my heartrate around 140 at a good pace before the turnaround for the last 5 miles. Turned around and hit a major headwind that dropped my speed and juiced my heartrate to Plyo levels.

Today was Yoga-X for day 1 of the Phase 2 recovery week. What a shock to the body it is to switch from evening workouts to morning. I struggled bigtime with the vinyasas. Swam a 1/4 mile in the neighbor's pool out of curiosity to see what a triathlon sprint swim was like. Crap, 70 lengths in the pool was an eternity.

Time for a late night snack (something healthy) and bedtime (going to sleep like a baby). Tomorrow is Core Synergistics yay!

-Court

PS: Where are you Brandnu? How is the lean program going?

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### Re:Starting Phase I Lean Routine 4/14/08.

Posted by Courtland - 2008/06/17 09:17

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Day 71 done!

Sorry I haven't posted in a while. Things have been really busy. I have picked out an event for the end of August that I want to complete. As soon as Day 90 gets here I will start a modified P90x that will include 4 days a week of intense cycling.

Tonight is plyo. Love it. Hate it.

I can see the end in sight!

-Court

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### Re:Starting Phase I Lean Routine 4/14/08.

Posted by Les - 2008/06/17 10:36

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Day 71  
stay focused. we're waiting on the other side.

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