
Week 4-Day 3: Kenpo

Posted by angelius - 2008/06/19 01:15

Well, today I did Kenpo and not too bad. I started weeks 1-4 on P90X classic but due to the fact that I REALLY need to loose my gut in the next 5-6 weeks for a vacation (right now there is no way in hell I am getting in a bathing suit) I will start Phase 2 with the Lean version. I know that has the Core syn in it and after yesturday, I have to say I am really, REALLY not looking forward to that at all, my hope is that I will start seeing more results. In looking at the before and after pics of others, none state what method they used, ie lean, classic, doubles. Also men seem to thin out a lot faster than the women. (lucky us) I plan to try to finish this week strong and begin phase 2 Monday and hope the next 3 weeks start melting fat faster.

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Re:Week 4-Day 3: Kenpo

Posted by he4dhuntr - 2008/06/19 09:13

Sounds like you're doing really good! Just keep at the schedule, work hard and stay focused on the eating healthy and I'm sure it'll come! Good luck!

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Re:Week 4-Day 3: Kenpo

Posted by savtime - 2008/06/19 10:08

Hi Angelius,

We are on the exact same starting time. I did Kenpo yesterday as well. Its nice to see imporvements after the first go around.

I am also trying to lose my gut and I think its better but still far from where I want to be. I am really hoping month 2 will be the time where I will see the most fat loss. That just means to push it harder now more than before.

Nice to only have to do stretching today!!!!

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Re:Week 4-Day 3: Kenpo

Posted by Medikman - 2008/06/19 18:03

It will come Angelius, don't get discouraged. I am doing the classic version, but I considered doing Lean. Stay focused and you will get there.

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