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## Tater\'s Daily Logs-P90X Lean Version

Posted by Tater - 2008/06/16 09:56

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June 16th and after 2 weeks of stop and go, today begins the journey.

My wife and I started the older P90 back on March 10th and finished up on May 31st.

The result were great considering how out of shape I was. Lost 50lbs, lost 6.5" in the chest, 6" in the waist, 6" in the gut. Arms and legs stayed the same, but I have a lot more definition in them now.

We attempted to start P90X last week but, life, in the form of my 4 year old son, interrupted.

Bit about me,  
40 years old  
Weight is 290lbs. (Down from 340 back in March prior to P90!)  
Chest 49"  
Wasit 41"  
Gut 43"  
Arms 17.5"  
Thighs 28"

Anyway, Day 1, Core Synergistics was today. Great workout, many failures on my part, but I just kept trying to "Engage" the core. Lots of sweat and the entire workout flew by. I seriously dis-like the Dreya Rolls, but that's just because I can't hardly pop my big butt back up everytime.

Tommorow is Cardio X.

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## Re:Tater\'s Daily Logs-P90X Lean Version

Posted by Tater - 2008/06/17 10:06

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Day 2  
Cardio X

Dreya Rolls strike AGAIN!

Other than that, the workout went great. Monitored my Heart Rate and hit my target as we began the Plyo phase and maintained my target rate through the core.

Soreness from the Squat X presses (with jumps) but it's all good.

A difference between the P90X and P90, not as many breaks during the routines. Today's had none unless you hit pause. Luckily, didn't need them.:silly:

Arms and shoulders tommorow!

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## Re:Tater\'s Daily Logs-P90X Lean Version

Posted by Tater - 2008/06/18 11:52

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Day 2  
Arms, Shoudlers and Ab Ripper X

Awesome workout. Much to my wifes delight:P I go sleeveless for this workout so I can watch my biceps explode during this workout!

Doing Ab Ripper X :woohoo: this evening as I didn't have time this morning.

PM, did Ab Ripper X after work today and actually made it all the way through. I was unable to do all 340, but I think I finished up somewhere around 260. By about 5 minutes in, I went to my happy place:side:

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## Re:Tater\'s Daily Logs-P90X Lean Version

Posted by Tater - 2008/06/20 10:09

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Day 4.

Switched Kenpo for Yoga due to the amount of time required for Yoga. We are going to do it on day 6 instead.

Can see where I am going to really like this one. I am very uncoordinated right now doing some of the moves, but as always, the hour flew by.

Kept my HR up and sweated like I stole something:silly:

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## Re:Tater\'s Daily Logs-P90X Lean Version

Posted by Tater - 2008/06/20 10:13

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Day 5

Lot of exercises. Again, the time flew by.

Legs were still a little rubbery from Kempo yesterday and I struggled a bit there. Still using a chair for the pull ups, but have gone to using only 1 foot for support.

Yoga is tommorow and week 1 will be in the books!

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