

---

## P90x daily log

Posted by mocheeks - 2008/02/12 08:29

---

Just starting a daily log for myself to track my progress. Hopefully people will respond and keep me motivated. Nothing pushes you more than when you know someone will hold you accountable for what you do.

Day 2: Plyometrics- this was hard, got through the whole thing but only at half speed with 2 extra breaks. Felt good at the end though, lets see how I feel tomorrow.

=====

## Re:P90x daily log

Posted by glenn - 2008/02/12 09:47

---

Did you take "before" pictures so you can see how you progress? Nothing motivates like seeing it on film!

=====

## Re:P90x daily log

Posted by mocheeks - 2008/02/12 09:51

---

Yes. I have to download them tonight. i'll put them up soon

=====

## Re:P90x daily log

Posted by wshngtn214 - 2008/02/13 22:18

---

How was day 3? Everyone says the plyo really kicks your tail and makes the rest of the week tough (at the beginning anyway).

I just ordered it tonight so I few more days before I can start. I'm going to bust tail before it arrives so I won't be so shocked.

=====

## Re:P90x daily log

Posted by kenny - 2008/02/14 09:50

---

Yea - Plyo is tough, unfortunately I have bad knees so I can't do to plyo. :-(

=====

## Re:P90x daily log

Posted by mohms - 2008/02/14 14:22

---

I did plyo for the first time last night. all I can say is WOW. My legs hurt today. I couldn't keep up with the DVD, especially the "squat jumping jacks"... ouch.

I would much rather weight train, but will follow the program no matter what

=====

## Re:P90x daily log

Posted by mocheeks - 2008/02/14 22:24

---

I missed day 3 on wed due to travel for work, but I made it up tonight when I got back. The shoulder and arms workout was good. The arms got blasted, but I think I have to adjust the weight for the shoulder sets.

---

I am now a day behind, but I guess I will catch up on Sunday. Diet is going well too. Good to see a few more people on here. welcome.

=====

### Re:P90x daily log

Posted by mocheeks - 2008/02/18 12:05

---

Question for you guys. How do you handle missing a day. Do you just move on to the next workout the next day, do you double up on a day, or do you back everything up a day?

I missed wed. last week and tried to back everything up a day and got all screwed up. Also on a side note, I did the workout this morning after breaking my diet for the Daytona 500 yesterday and had a few cold ones (ok about 11 of them) and some chips. I felt like I was going to throw up half way through the workout. I made it through and actually got a good workout in, but was totally spent afterwards

=====

### Re:P90x daily log

Posted by mohms - 2008/02/18 12:43

---

I havent myself missed a day, but I thought about it and if I do, I will probably try to double up on saturday or sunday. One in the morning and one in the afternoon.

I also had a "good" time for the 500! Im glad I made my 7th day Mondays. Do you guys do the Stretch X? or just rest?

=====

### Re:P90x daily log

Posted by mocheeks - 2008/02/18 13:00

---

Seeing how bad yoga kicked my butt, I am going to get all the stretching in that I can

=====

### Re:P90x daily log

Posted by mohms - 2008/02/18 13:12

---

Ahhhh Yoga X. An hour and a half of places my body has never been. I think I'll hit up Stretch X too...

=====

### Re:P90x daily log

Posted by kenny - 2008/02/18 14:10

---

I actually missed yoga yesterday due to sickness - I'm not sure what you do but I'm trying to do more cardio then lifting anyways so i substitute either yoga or kempo for the "legs + back" day. Because I missed a day, I will not take the "rest day" on day 7.

As for Stretch X, I have done it a few times but rather use that day to rest.

=====

### Re:P90x daily log

Posted by Night Train - 2008/02/20 02:00

---

wow, totally awesome, so I turned 21 on the 19th, and low and behold when I check my email at 2 am on the 20th my

---

P90x has been delivered, so I run to the porch in the snow and there it is!!!! THE ULTIMATE SELF-BIRTHDAY present...I can't wait!!!

=====

### Re:P90x daily log

Posted by angel\_of\_vengeance - 2008/02/20 05:27

---

I have never really tried this "P90x daily log", but seeing the response of others I believe it is a very motivational tool for others, including me(!) in keeping track of one's activities and achievements.

This will be a new challenge for me!

=====

### Re:P90x daily log

Posted by mocheeks - 2008/02/20 08:17

---

Welcome aboard Angel. The board is a great tool to keep yourself accountable.

Week 2, Days 2 went well for me. I got a real good plyo workout in, missed this morning, but will likely get to it after work today

=====

### Re:P90x daily log

Posted by wshngtn214 - 2008/02/20 21:44

---

Hey guys...is this thread just for mocheeks daily log or for everyones? I'm about to get started and wasn't sure if I should create my own thread or just add to this one.

=====

### Re:P90x daily log

Posted by mocheeks - 2008/02/21 08:47

---

By all means, go right ahead, this isn't just for me. I would rather have others on here so we can compare and try and pus heach other. I think it will be cool to see how others are doing as well

Opted for Stretch X this morning instead of yoga, I think I'm going to have to ease into the yoga thing. Its way harder than I thought

=====

### Re:P90x daily log

Posted by Hubz - 2008/02/21 09:17

---

Mocheeks,

Looks like I started around the same time you did. My start date was 2/11/08 .

I am 53 years old and was starting to feel my age. I saw the info commercial for P90x and looked just the thing to motivate my lazy butt off the couch.

So far I am not disappointed. Really like the idea that the program comes with actual meal plan and recipes .

I am on my 11 th day last night did Shoulders and Arms . and Abx.

Four days in the sorness in my muscles stopped hurting.

The hardest thing for me so far has been the yoga session. Tonight will be the second time . If it does not go better . I think I will substitute the CardioX vid for the Yoga day.

What I like about the P90x the most is the variety. I do as many reps that I can plus one or two more. I also like how Tony tells you to do what you can and form is better than all the reps they can do. I am hoping by phase II . I will be able to keep up.

Oh and there are some things like the Rock Hop that I just skip . Oh my knees. lol :woohoo:

---

## Re:P90x daily log

Posted by wshngtn214 - 2008/02/21 18:48

My official start date is this Monday but I got it in the mail yesterday so I just had to get a feel for it. My wife and I did the fit test last night and did all the measurements and crap. I couldn't wait so I decided to try the Ab Ripper last night...there are some tough positions that I couldn't get down (the one where you lay on your side and lift your shoulders and legs). My abs were toasted last night but surprisingly they are fine today - maybe I did them all wrong...

Today I decided to do the plyo since most people think it's the toughest. I figured if I did it today I might be less sore when I do it on my official first day of plyo (tuesday). It was tough...I think I probably averaged around half of what they did. I did about 15-20 seconds on most exercises (except the easy ones) and about 30-45 for the minute long ones. I wanted to start slow so I could make it through the whole thing. Next time I'll step it up a notch...of course I'm saying that before the soreness kicks in tomorrow. I did about 30 minutes of Stretch X today too since stretching is my weakness and was the only thing I failed on the fit test (I was like -13 inches from my feet :S ).

I'm going to take my before pictures tonight. I've never done it before because quite frankly a fat body doesn't photo well :) . But I've dropped 20lbs in the past two months so even my before pictures are actually an improvement of when I really started trying to workout - though I'm still a tubby sob.

So all in all I feel good about going into it. The pull-ups will definitely be my weakness (that I know of so far). I can't wait to start this thing for real!

---

## Re:P90x daily log

Posted by Hubz - 2008/02/24 09:35

YOGA update. That is tough. No doubt about it has to be the toughest part of this program . I did 1 hour and 10 minutes of the Yoga . When they got to the Crane . Ouch! I do not have the arm strength . I can see if you stick with it it will help your balance and will make you stronger.

My body just wont flex into a pretzel . ( yet )

I am going to keep trying.

---

## Re:P90x daily log

Posted by wshngtn214 - 2008/02/25 17:45

My start day is finally here.

### WORKOUT:

It kicked my a\$\$ a little more than I expected. When I was done working out and went to take a shower I noticed both of my eyes were totally bloodshot and were ketchup red. I got a little freaked and started googling and apparently this can happen when either you strain really hard and/or you don't breathe right. I know I did both so it's something I'll need to make I sure I do.

---

DIET:  
My wife and I went shopping yesterday and got everything prepared to make it as easy as possible. We're following this to a T. Two things I noticed...plain, no fat yogurt sucks and plain unflavored oatmeal sucks. Also it appears I should just buy a few live chickens with all the egg whites I'll be eating.

It was good day...I look forward to plyo (which I tested last week) where I know my eyes won't pop out of my head.

Cheers!

---

=====

### Re:P90x daily log

Posted by mohms - 2008/02/25 18:36

---

Sux bout your eyes!  
I got a terrible bloody nose after my last plyo. It started when I was bending over stretching. Guess I should have waited until my heart rate calmed down a little more.

---

=====

### Re:P90x daily log

Posted by glenn - 2008/02/25 18:45

---

Wow wshngtn214 - I bet you were freaked out when your eyes got bloodshot on you! Glad OK. And then mohms gets a bloody nose? P90x should be renamed P Bloody 90 X.

If you stick with it you will be very happy after 90 days. Keep us posted.

Also, dont be shy to start a new thread every week instead of all in 1 thread, this one is already 2 pages long :p

---

=====

### Re:P90x daily log

Posted by wshngtn214 - 2008/02/27 09:24

---

Good idea about starting a new thread each week. If one isn't started on Sunday, I'll create a 'Updates for Week of March 2-8' or something like that.

I did plyo yesterday while being sick...it was tough but I didn't want to miss day 2 :S . So far I haven't skipped a beat on the diet...though the temptations are hard to resist...

---

=====

### Re:P90x daily log

Posted by mocheeks - 2008/02/27 10:28

---

Alright fellas, this is why I signed up for this thing. I need some help. I'm starting my 3rd week and I am losing steam. I skipped Monday morning and today. I am planning on doing today's workout tonight. how do I stay motivated?

---

=====

### Re:P90x daily log

Posted by Hubz - 2008/02/27 12:12

---

Mocheeks.

I too am now in my third week . Yesterday, I really did not feel like doing the plyometrics.

All I did was told myself you already did 16 days , if you miss or stop you will have to start all over.

---

I also took the day 1 picture and now have taken day 14 . I can see slight improvement between the two. Not dramatic enough to show anyone .

I also feel after I complete a daily workout I really acomplished something. Makes me feel good that I am doing something for myself.

Hang in there you can do it man , set yourself a specific time to do the workout each day . Just keep hiting the play button. Moving is gotta be better than sitting.

---

## Re:P90x daily log

Posted by mohms - 2008/02/27 13:11

mocheeks wrote:

Alright fellas, this is why I signed up for this thing. I need some help. I'm starting my 3rd week and I am losing steam. I skipped Monday morning and today. I am planning on doing todays workout tonight. how do I stay motivated?

I also just started my third week last night. I also feel like it is getting redundant. BUT, all I have to do is stick out my gut and that is enough motivation for me. I live in Ohio but I visit Clearwater Beach Fla. usually twice a year. Nothing but hard bodies there. I find myself repeating "Clearwater beachbody you f#cking sissy" to myself when the pain starts kicking in, especially during ab ripper X!

Other than that, if I am feeling like not doing a particular exercise any given day, I tell myself "Just Push Play"! It is only an hour of your life!!! Stop being a WUSS!

It is all about self motivation. You get to work out in your own house without paying gym fees... what more could you want?

---

## Re:P90x daily log

Posted by kenny - 2008/02/27 13:57

Good idea Mocheeks - I'm on Phase 2, end of 2nd week. First month was great - I can tell an improvement by muscle tone and I always seemed to have a pump feeling. That kept me going. However, now on Phase 2, I haven't noticed much improvement and more importantly, haven't lost much weight. I'm certain it's my diet so, I decided enough is enough and now doing a Dr. Ian Smith's diet. I will prob blog about it soon... Because of this I'm beginning to get even more motivated on doing the workouts.

Just like what Mocheeks said, just go in and hit the play button.

Do not rationalize! "well, maybe I can wait and do this tomorrow" Don't even think about it! Just do it! (lol, old saying but it works) - Once you start, you'll forget about everything else!

Keep going!

Kenny

---

## Re:P90x daily log

Posted by Hubz - 2008/02/27 15:48

What are you all eating in any given day. I am a level II so it tells me I need 2400 calories , to live and breathe . Less calories I lose weight. Since I am in phase 1 the fat burning part of P90X .

This is what I had today .

Breakfast. Fetta cheese ,mushroom,turkey bacon Omlette

---

consisting of 3 egg whites, 3 slices turkey bacon, few mushrooms, 1 oz fetta cheese . Low cal.

Lunch :

10 - 12 oz Homemade Tomato soup , 5 baby carrots.

Snack ; Power Bar.

Dinner :

6 -8 oz baked chicken breast,  
1 cup cooked brown rice  
1 cup mixed vegetables.  
8 oz V-8

Totsl calories : would be like 1700 - 1800 calories. I hope ? lol

That would be a typical day for me.

I would be interested in some of your meals. I do not like fish . So it is turkey or chicken mostly.

=====

### Re:P90x daily log

Posted by mohms - 2008/02/27 16:22

---

Wow, that is a heck of a lot better than I eat! I am out of the house for work from 7:30 to 5:30 every day, sometimes longer. It is next to impossible to make each meal like you described! I resort to cottage cheese, cashews and bananas for snacks at work, and try to eat "healthy" fast food, like subway, for lunch. Forget breakfast. Then hopefully my wife is cooking something healthy by the time I get home ;)

I should be at level 3 and I get no where near the calories they tell me I need.

=====

### Re:P90x daily log

Posted by kenny - 2008/02/27 20:33

---

I was doing about the same - eating a bowl of Special K cereal, light fast food for lunch, usually I would eat half then half later. My BIGGEST problem was I would do the work outs late, like 8:30 or 9 PM then would be STARVING afterwards. Of course eating late is a HUGE no-no.

Just like what someone posted earlier, the best thing to do is try to prepare your meals ahead of time. I'm doing the Dr. Ian's diet which is probably similar then P90X. It's this:

9 Days detox - You eat 4 to 5 meals a day which is basically veggies, oats,egg whites, 2 cups of whole wheat rice, lentils, salads, etc.

No caffeine, no sugar, no meat. After 9 days, you bring in the other food slowly, lean meats, some whole wheat pasta, nuts. I think this goes on for 3 weeks. Then there is another phase which I haven't read yet.

I'm on day 4 and so far I feel it's paying off. I did however started to drink black coffee on day 2, I just had too since I had a huge headache and was EXTREMELY cranky.

I also stopped eating late. One thing I do miss is beer :(

=====

### Re:P90x daily log

Posted by wshngtn214 - 2008/02/27 21:07

---

Hubz wrote:

What are you all eating in any given day. I am a level II so it tells me I need 2400 calories , to live and breathe . Less

---

calories I lose weight. Since I am in phase 1 the fat burning part of P90X .

I'm actually a Level 3 according to the book but its mostly fat and not muscle so I really don't want to eat 3000+ calories a day. I decided to go with Level 2 and I'll just adjust if needed.

I just finished day 3 and EVERY part of my body is tired. It's good though. But here is exactly what I've eaten the past 3 days.

#### Monday

Breakfast - English Muffin, 3 egg whites, soy sausage patty (eat it as a sandwich)

1st Snack - Oatmeal, protein shake, banana

Lunch - 16oz plain no fat yogurt, 1 can tuna (tsp ff mayo), 3 egg whites and a low sodium V8

2nd Snack - (3)1oz string cheese, cup of baby carrots

Dinner - 6oz turkey burger w/cheese (no bun), 2 cups mixed veggies.

After workout - P90x recovery drink (which is surprisingly good IMHO)

#### Tuesday

Breakfast - Egg, Bacon & Cheese English Muffin

1st Snack - Oatmeal, protein shake, banana

Lunch - 2 cups cottage cheese (that's a lot), 6oz ham, low sodium V8

2nd Snack - (3)1oz string cheese and half of cucumber.

Dinner - 6oz chicken with salsa, 2 cups of mixed veggies.

After workout - P90x recovery drink

Wednesday - same as Monday

Tomorrow - same as Tuesday.

It's not the burgers and wings I'm used to, but I'm giving this my all. Next week will be something totally different - my wife and I just need to sit down and plan it out. It sucks, but I'm going to do all I can to stick with it.

Now if I could just quit dipping I'd be leading (albeit only 3 days so far) a healthy lifestyle :)

I really hope I don't hit a wall during week 3. The good news for you guys is next week is a different routine...and hopefully a little rest. Just finish this week up, make it through the 'rest' week and then hit phase 2 hard! I'm sure you guys are getting close to seeing a difference...or at least real close to feeling a difference. Hang in there - I don't want to be posting here alone...lol:

---

### Re:P90x daily log

Posted by TiamatFix - 2008/02/28 05:22

Hey everyone first post here, been reading this stuff for a couple days now and ordered the P90x program, very excited and impatient. But I figured I'd put my newly adopted dieting routine out there.

I'm a pretty aloof kinda guy and I'm not the kinda person that wants to plan his meal which is probably half the battle. I saw a video on utube of a guy who video blogged his journey through the P90x and explained in one that to keep a little control on his eating habits he took 3 tennis balls and marked them with a P(rotien), V(eggies) and C(arbs). And he uses those as a guide as he chooses his meals so gets the right sized portions and the right kinds of food and over time he cleaned up and refined the types of protiens and carbs he was eating. Said he ate 3-4 meals a day with snacks in between which would be one of the 3 choices. I started this about 2 weeks ago and I'll have to say this is the easiest and brainless method I have used to control my eating. I'm pretty much an Ice cream addict and now I can't find a place for it when I have those Tennis balls in my hand. Ha.

So for those of you that don't feel like writing everything down you eat and thinking too hard this might be a good place to start.

---

### Re:P90x daily log

Posted by mocheeks - 2008/02/28 11:46

---

Thanks for the encouragement guys, I got up at 5 am today to do shoulders and arms. I think I am going to have to do week 3 over again. I have only got two weight workouts in and no cardio.

I took a look at the before pictures and that is all I needed.

Quick question: are any of you guys using any other supplements other than the recovery drink and protein. Any thoughts on fat burners?

=====

## Re:P90x daily log

Posted by P90X ADDICT - 2008/02/28 20:42

---

HEY THERE, SAW THIS STREAM A FEW DAYS AGO AND FINALL GOT TO MY COMPUTER AT HOME.

I STARTED P90X IN JANUARY AND AM JUST FINISHIN UP WEEK 6. I CAN TELL YOU THAT THOSE THAT HIT THAT THREE WEEK WALL, IT IS SOMETHING WE ALL GO THROUGH. IN FACT, I HAD A 3 DAY CONFERENCE, AND WAS ONLY ABLE TO DO A COUPLE OF THE WORKOUTS, SO I MADE MYSELF PAY FOR IT BY REPEATING WEEK 3 WHEN I RETURNED.

I HAVE FOUND THAT IF I EAT THE SAME TYPES OF THINGS, IT'S ALOT EASIER FOR ME TO STAY TRUE TO MY DIET, AND I TRY TO INTRODUCE TWO NEW MENU ITEMS EACH PHASE, (SOMETHING ELSE TO LOOK FORWARD TO).

SOMETHING ELSE THAT ADDED A LITTLE MOTIVATION, I TOOK MY BEFORE PHOTOS AND HAD A POSTER MADE AND PUT IT ON THE GARAGE WORK OUT STATION WALL, TO MAKE SURE THAT "THAT FAT GUY" NEVER LIVES IN MY HOUSE AGAIN.

JUST GOT DONE TAKING A WEEK 6 PHOTO, AND I CAN ALREADY TELL THE DIFFERENCE, BOY IF THAT'S NOT MOTIVATION FOR ME TO GET TO WEEK 12, I DON'T KNOW WHAT IS.

=====

## Re:P90x daily log

Posted by mohms - 2008/02/28 20:50

---

Easy on the ALL CAPS there killer...

Congrats on the determination. I just got done with my fav: Arms and Shoulders. Feel the burn!!!

Anyone else despise YOGA day???

=====

## Re:P90x daily log

Posted by P90X ADDICT - 2008/02/28 21:00

---

Sorry bout the caps.

If Arms/Shoulders is your favorite, then your gonna love weeks 5 through 7 with Back/Bi's and Chest/Shoulder/Tri.

Yoga kicks my butt, but I am still trying to master that damn crane move, I can only hold for about 10 seconds or so. I actually sweat more during yoga then I do during Kenpo.

I'm off to go do Yoga now.

=====

## Re:P90x daily log

Posted by mohms - 2008/02/28 21:16

---

Man o man! I can wait to week 5-7 then! If you are only trying to master the Crane, then you are doing pretty good! I cant hold hardly any of the poses for more than a few seconds. My balance sucks now, which is weird, cause I used to have great balance years ago in high school wrestling. I guess I just got too fat and lazy!!!

---

## Re:P90x daily log

Posted by Night Train - 2008/02/28 22:57

---

oh man, finally started the P90x program today, and it kicked my ass. I used to do push ups like crazy in high school, but this let me know how out of shape I am. At the end, I felt great that I made sure to do EVERY exercise routine at least 5 reps every time around, and I wanted to not do the ab ripper, but I said "just press play"...so I did, even though I could only make it through the first 4 routines, I didn't give up until I was worn out. I didn't stick to the diet like I should have, but I'm gonna be more dedicated cause I know in time, I'll see results with proper eating.

For those wondering, I'm one of the extreme cases trying to lose ALOT of weight. I have a body fat scale so I can keep track of my daily results with accuracy. My beginning stats are 325.8 lbs and 47.7% body fat. I'm 6"1' so people can get a bit of a mental picture.

=====

## Re:P90x daily log

Posted by wshngtn214 - 2008/02/29 08:39

---

Night Train wrote:

For those wondering, I'm one of the extreme cases trying to lose ALOT of weight. I have a body fat scale so I can keep track of my daily results with accuracy. My beginning stats are 325.8 lbs and 47.7% body fat. I'm 6"1' so people can get a bit of a mental picture.

I hear ya, man. When I first started looking into this a few months back I would have been happy if my final results looked like some of the P90X 'before' pictures I saw :laugh:. Because of my extra weight I'm pretty sure my 90 day results won't be like the commercials, but I think I could get there in 180 days...which would be the beginning of football season and I'll be able to sneak in a few wings and brats by then!

### DAY4

Yoga - ugh. I was real close to quitting this about 30 minutes into it. Like I mentioned before, my biggest issue starting this was my flexibility - or lack of. And playing sports growing up I've destroyed all of the ligaments and balance sensors in my left foot/ankle. This was more frustrating than tough and I found myself cussing at Tony a lot more than normal. I stuck with it and finished it but I actually only sweat during the first 30-40 minutes. The rest seemed more like a stretching routine than any real 'work' - although I didn't attempt those shoulder stands and some of that crazy pretzel stuff they do. I felt stretched when I was done, but not like I just 'brought it'. I'll keep doing it because I don't want to alter anything, but this is by far my least favorite.

### DIET

I ate just about perfect again except that I felt really weak right before I started Yoga so I chowed down an extra wheat english muffin beforehand. I think the lack of carbs is making me feel kinda weird...and I'm urinating a lot...I mean all day long and waking up 4 times during the night - very strange.

Legs and Back tonight!

=====

## Re:P90x daily log

Posted by Hubz - 2008/02/29 08:45

---

mohms wrote:

Easy on the ALL CAPS there killer...

Congrats on the determination. I just got done with my fav: Arms and Shoulders. Feel the burn!!!

Anyone else despise YOGA day???

Mohms ; I feel the pain . I agree 100% Yoga just kicks my butt !

The first time I did about 35 - 40 minutes . The second time I got to the crane part and stopped. Third time I did the tri salutations and then stopped. Common sense tells me it will be awhile until I can even attempt the crane.

Yoga definetly makes me sweat . I think it will be awhile till I can be calm and breathe doing it.

---

## Re:P90x daily log

Posted by TiamatFix - 2008/02/29 18:22

---

hey wshngtn214 are you eating as much salt as you used too? I eat little to no salt and avoid it when I can, I pretty much hate the taste. But when I eat lets say something with a lot of real butter(it has loads of salt in it) like mom's mashed potatoes I retain a lot of the water I drink and suffer the exacted opposite effect your talking about. So the excess urinating is probably a good thing. And its carrying out all the toxins in your body. I'm not a professional or anything, just speculating.

---

## Re:P90x daily log

Posted by wshngtn214 - 2008/03/01 02:45

TiamatFix wrote:

hey wshngtn214 are you eating as much salt as you used too?

Thanks Tiamat - I bet that is part of the issue. I was never a big salt person but I know for a fact I've had significantly less this week. After reading some articles about this today I think it is probably from drinking more water each day, less salt and ketosis from not eating many carbs. It's showing on the scale so I guess its a good thing.

230.2 lbs Jan 1st  
214ish when I joined this forum (hence the 214 in my name)  
212 on Day 1 (Feb 25th)  
208.4 about an hour ago.

DAY 5:

Tonights workout was the hardest one yet and I actually thought about just laying on the ground for a while instead of getting up after I finished A\$\$ Ripper X. I don't think I had full energy going into it. The lack of carbs are effecting my energy and not being used to working out this many days in a row has worn me out...those are my excuses anyway. I was still able to give it my all but there wasn't much left in the tank afterwards. It was Legs and Back.

DIET:

Another really good day - this is 5 straight days of following it nearly 100% (I had an extra english muffin yesterday and two recovery drinks tonight). I'm getting pressured at work to join my coworker buddies at lunch each day. It sux saying no to BW3's and then pulling out a baggie with 6 hardboiled eggs :lol: But...they all come back holding their guts complaining about needing a nap...I don't miss that feeling.

I'm looking forward to Kenpo X tomorrow and a DAY OFF on Sunday.

---

## Re:P90x daily log

Posted by kenny - 2008/03/01 22:14

Okay guys -

Do anyone of you get tired of hearing Tony talk? After doing the exercises over and over again, Tony H. is really getting on my nerves.

---

## Re:P90x daily log

Posted by mocheeks - 2008/03/02 10:46

"Ab ripper X, I hate it, but I love it" (insert creepy head tilt here)

---

## Re:P90x daily log

Posted by TiamatFix - 2008/03/02 14:40

---

kenny wrote:  
Okay guys -

Do anyone of you get tired of hearing Tony talk? After doing the exercises over and over again, Tony H. is really getting on my nerves.

More reason to do the work outs harder, so you can find him and be in good enough shape to kick his ass when you do.  
:side:

---

## Re:P90x daily log

Posted by mohms - 2008/03/02 16:43

---

kenny wrote:  
Okay guys -

Do anyone of you get tired of hearing Tony talk? After doing the exercises over and over again, Tony H. is really getting on my nerves.

HAHA!  
I like him. He keeps it interesting. He reminds me of Michael Scott on "The Office". especially in the making of p90x videos on youtube.

---

## Re:P90x daily log

Posted by wshngtn214 - 2008/03/02 18:56

---

mocheeks wrote:  
"Ab ripper X, I hate it, but I love it" (insert creepy head tilt here)

Hahah...I notice that creepy head tilt every time.:laugh: I haven't tried it but there is an option to not hear him talk...I think.

---

## Re:P90x daily log

Posted by kenny - 2008/03/05 22:25

---

Okay, I haven't heard anything from Mark on this thread. I hope he hasn't given up?

---

## Re:P90x daily log

Posted by mocheeks - 2008/03/06 10:58

---

Nope, I'm still here. been busy this week, but am redoing week 3, had monday down, on tues instead of plyo I went for a 2.5 mile run (it was nice out)and had shoulders and arms last night

---

## Re:P90x daily log

Posted by Iskarp - 2008/03/06 11:53

---

So funny that someone else thinks Tony reminds them of Michael Scott from the Office!!

For most of the videos he is the typical muscle head trainer guy. But it was cool to see him a bit more down to the masses in the Yoga X DVD. He was almost human, and for once, he fell more than I did!! I am glad they did not edit his wobbling out.

Legs and back this AM, then I got to pay back the AB-Ripper from this morning tonight after work (90 mins is too much before work).

Feeling like a million \$

=====

## Re:P90x daily log

Posted by Les - 2008/03/09 09:54

---

kenny wrote:

Okay guys -

Do anyone of you get tired of hearing Tony talk? After doing the exercises over and over again, Tony H. is really getting on my nerves.

I don't have the option of muting him because I have the exercises on my Ipod. so need to hear him explain the movement, and the count etc... In Yoga however I just wish he would just shut up and go on to the next move

=====

## Re:P90x daily log

Posted by mocheeks - 2008/03/10 10:42

---

How do you get them on your Ipod? that would be great for traveling, do you have the videos or just audio?

=====

## Re:P90x daily log

Posted by Les - 2008/03/11 12:41

---

I have a video converter for my Zune and Ipod, which i use to convert movies for my zune to travel, so the videos are converted to mp4 and have them both on the ipod and my zune. the caveat is that the images are not sync to the audio so there is a frame or 2 delay.

great way to travel indeed when i attempted P90X last summer we went on mini vacation and i took the videos with me and play them on my laptop which i connected to the TV, that was no hassle because i always carry my laptop anyway (like to watch movies in the plane)

=====

## Re:P90x daily log

Posted by mocheeks - 2008/03/11 16:52

---

where do I get a video converter? how big are the files. Can they be e-mailed? I would probably just want audio files anyway.

=====

## Re:P90x daily log

---

Posted by Les - 2008/03/16 16:42

---

I use the ImToo Zune video converter, altogether the videos are about 8gb in size

=====

### Re:P90x daily log

Posted by mocheeks - 2008/03/17 09:24

---

I have kind of gotten off the path of posting my progress and also getting up in the morning to get my workouts done. I have been averaging only 3-4 per week for the last 2 weeks.

Today I start Phase 2 and will be doing it when I get home from work.

What were peoples Phase 1 results like. I lost about 18 lbs at one point, but now its only like 15 lbs. I don't really feel like I have made that many gains, but I guess the scale doesn't lie.

=====

### Re:P90x daily log

Posted by kenny - 2008/03/17 09:40

---

Hey - How about muscle definition? Are you at where you want to be?

I can tell you that I enjoyed the phase II workouts better than phase I. For example, the "chest, shoulder, triceps" routine really pushed my muscles to the max.

Don't give up - You start to see a big difference after Phase II.

=====

### Re:P90x daily log

Posted by mohms - 2008/03/17 10:50

---

mocheeks wrote:

What were peoples Phase 1 results like. I lost about 18 lbs at one point, but now its only like 15 lbs. I don't really feel like I have made that many gains, but I guess the scale doesn't lie.

I would love to have lost 15 lbs during phase 1. I am starting week 2 of phase 2 tomorrow, and still weigh the same as day 1, even though my measurements much better than when I started. The only days I have missed are 2 yoga days. I just cant get myself to do yoga for an 90 minutes. It is seriously boring.

I really need to stick to the portion plan to see better results on the scale. St. Patrick's Day weekend didn't help either...

=====

### Re:P90x daily log

Posted by wshngtn214 - 2008/03/17 17:44

---

Well after a week of being sick and not working out (but sticking to the diet), I started Week 3 again today. I'm pretty bummed I'm not starting Week 4 but since it's something I couldn't control it's just the way it is. With a good week of rest I should be able to really push it this week. Chest and Back today went pretty well...no drastic improvement but no drop off either. I'm actually craving for some plyo tomorrow...but I'm sure that'll change 5 mins into it.

=====

### Re:P90x daily log

---

Posted by mocheeks - 2008/03/20 17:28

---

Started Phase 2 on Monday and haven't missed a day yet. The new workouts are a Bi%ch. The chest, shoulders and tri's worked me over good, but the back exercises are crazy. That corn cob thing is impossible to do on the P90x chin up bar.

---

## Re:P90x daily log

Posted by wshngtn214 - 2008/03/20 21:14

---

mocheeks wrote:

Started Phase 2 on Monday and haven't missed a day yet.

Keep it up, man. I'm only on Week 3, Phase 1 but I'm itching to get to Phase 2 just for something new. Phase 1 is still whipping me pretty good but I'm starting to memorize every word Tony says on these workouts so I need to switch a couple up for my own sanity.

If we all make it through this and get the results that we want we all need to get to together and have one hell of a party on a beach somewhere. It sucks when no one I know actually knows how hard I'm working for this crap...and because they aren't working out they don't want to talk about working out. You guys (and my wife) are the only ones that know the pain that 'bringing it' really brings.

---

## Re:P90x daily log

Posted by P90X ADDICT - 2008/03/20 23:00

---

I couldn't agree more, but I tell you, I have had more people ask me about this program because of the changes they have seen in me, and I can't tell you how good that makes you feel. Even though I have never really been the type of person who worried about what other people thought, now that I have opened myself up to this lifestyle change, it really feels good to hear what others have to say.....(Waiting for Milwaukee's Best can to fall on head....now).

I think this site has really helped me too, I mean I draw inspiration from everyone here, and just wish you all to get the best results possible.

I am definately down for a get together, a just reward for all our hard work and determination.

---

## Re:P90x daily log

Posted by kenny - 2008/03/20 23:26

---

It sucks when no one I know actually knows how hard I'm working for this crap...and because they aren't working out they don't want to talk about working out.

Lol - exactly, I talk about p90x all the time to people and I know they are probably sick and tired of hearing it from me.

I'm at the point now were I look forward to the routines - Just earlier today I spoke with the other admin Glenn about going out for happy hour tonight - I told him I would go but I really don't want to miss my chest, shoulders and triceps workout(love that workout!!)How about that dedication!!

Oh yea, I will be going to the beach come May 24, can't freaking wait. That also gives me motivation to do my best.

---

## Re:P90x daily log

Posted by wshngtn214 - 2008/03/21 09:15

---

P90X ADDICT wrote:

it really feels good to hear what others have to say.....(Waiting for Milwaukee's Best can to fall on head....now).

:laugh: :laugh: :laugh: :laugh: :laugh:

I couldn't agree more with both sentences above.

---

## Re:P90x daily log

Posted by TiamatFix - 2008/03/21 13:54

---

So funny. I've been getting it a lot at work with my starbucks regulars. "wow did you loose weight? I can see it in your face." "whats you secret?" Then I proceed to tell them my diet, sleep patterns and work out routine. They look at me like I'm crazy lol. So lets be proud of our selves guys(and gals) and let the masses look on in jelousy.

---

## Re:P90x daily log

Posted by Les - 2008/03/22 10:41

mocheeks wrote:

Started Phase 2 on Monday and haven't missed a day yet. The new workouts are a Bi%ch. The chest, shoulders and tri's worked me over good, but the back exercises are crazy. That corn cob thing is impossible to do on the P90x chin up bar.

welcome to Phase 2.

and yes the workouts are ...well let's say memorable.

Mwahahahah

---

## Re:P90x daily log

Posted by kenny - 2008/03/22 13:07

Lol - Yea, especially the "two-twitched pushups" OMG - Sorry, I have to say it, I hate it but I love it. Talk about burning out your chest!!

Tip: when you are doing this and you are completely drained, go on your knees then do more!

---

## Re:P90x daily log

Posted by Les - 2008/03/22 18:27

kenny wrote:

Tip: when you are doing this and you are completely drained, go on your knees then do more!

Ima try that