
Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/17 15:00

Ok so I kinda liked posting in that one thread so I just started a new one that can go until it becomes way too many pages to handle. but anyways here it goes.

Day 8! Chest and back again.

Ok here is a shocker. When I joined this forum I was 220lbs, then I started my diet before I started P90x and from then to now I've dropped 22lbs. Thats right I'm 198lbs now. Kinda freaked me out. Little less than 3 weeks. Man what a little dieting can do.

Ok this morning I only had an hour to work out, eat and take a shower before work, stupid 4am shifts, so I decided I didn't wanna do it half way and then do the rest later, so I threw in cardio X and did the first 30mins of it then did my stuff and went to work. Came home did chest and back, It hurts alot worse this time around I'll say. I knew the routine this time and didn't have to stop the dvd at all to double check form and I did my damned best to keep up. Then I did Ab ripper after that and I can honestly say it was as crappy as the first time that I tried to do it. Maybe something to do with keeping my stomach tight during the push ups? Either way I felt pretty lame today after it all. Hopefully I'll throw plyo in tomorrow and do awesome. But till then... I'm gunna get my rest.

Re:Starting the Journey 3/16 till whenever ha

Posted by dmorales125 - 2008/03/18 12:21

Started over again and now I am on day 2 with Plyometrics. I gotta say this thing really works. Had my girlfriend do the yoga with me last night and it was awesome.

I will be a regular on this post.

Re:Starting the Journey 3/16 till whenever ha

Posted by glenn - 2008/03/18 14:15

Welcome aboard and look forward to hearing about your progress!

Re:Starting the Journey 3/16 till whenever ha

Posted by dmorales125 - 2008/03/18 15:36

Just got back from the gym and I did the plyometrics. It really kicked my butt. My rear and legs are hurting. I only did 35minutes of it as I was winded. I know they say to go at your pace so I guess I did.:laugh:

Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/18 19:30

Woo day 9

Plyo again. I started in on it and I wasn't feeling too hot, just couldn't wake up like I had been the other mornings. Got past the warm up then I felt great and was like "Hell ya plyo!" Got 3 moves in and I was thinking crap Im in trouble. I deffinetly did better than last time I think but I was also breathing harder. I gave it everything I got. But I guess I payed for it at work when I probably looked and talked like a zombie to all the customers today heh.

Re:Starting the Journey 3/16 till whenever ha

Posted by Iskarp - 2008/03/19 10:32

Plyo is a 2 shirt workout for me!! Another love/hate relationship, like ABS.

For me, I did my 3rd week Legs and Back this AM!!! What that means?? I made it through Phase 1 in one piece (less Kempo tomorrow).

On to my 'recovery' week. I am really looking forward to Yoga a couple of times and to work in a new routine in Core. I am sure it will not be a picnic by any stretch for sure!! But change can be good.

Over the phase, I have seen some visible body improvement. About 5 lbs in weight reduction. But I am sure I have put on some amount of muscle as well, so I am probably looking at approx 7lbs of fat (3-4% body fat reduction). But even without the visible improvement, my fitness level overall has improved pretty dramatically. At the beginning of the phase, 8 pull-ups was the absolute maximum!! This morning, I was TEARING out 15 on may of the sets. Even at the end, I was pumping 10-12 with good form!!! I am keeping up with Yoga, and Plyo for the most part (80-85% of reps+). Even Abs is not Mt Everest, but maybe the Sierra Nevadas now ;-)...

Looking forward to Phase 2, where the visible improvements should start to happen!! BRING IT!!! and remember to Do your best, and Forget the REST!

Re:Starting the Journey 3/16 till whenever ha

Posted by Les - 2008/03/19 15:20

Good job!

our days are in sync, I have kenpo tomorrow also.

I just got an invite to the Pool bar by my boss so I might have to make some modifications and make today my resting day, I'll do legs and back tomorrow and kenpo on my rest/Stretchy day

Re:Starting the Journey 3/16 till whenever ha

Posted by Iskarp - 2008/03/19 15:35

Not a bad plan. Especially with the recovery week next week. I am planning on working out on Friday (Day one of recovery) rather than rest and take Sunday as my rest day as I will be out at P-nut island camping with Ron Bacardi, Captain Morgan on the good ship Diet Coke.. I find it kind of ironic that I used to drink approx 4 cans of Diet Soda a day, and I have not had any.... Except with light rum since I started!!

Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/19 18:42

Day 10

Arms and Shoulders. Big improvements. I used 25s for almost everything except tricep kick backs and flys. I kept up with tony and the gang on most of the moves and got maximum burn. I'm definitely recovering better between each move. I felt like a beast today. Unlike last week where I felt pretty pathetic.

Ab ripper x. I could feel my abs working, I didn't feel like I was struggling as bad as the first couple times. Big gains if I do say so myself. Kept up until about half way through the wide leg/cross leg sit ups. after that I slowed down quite a bit. Heals to the sky is getting much easier and phifer scissors is too. Mason twist/fist or whatever I did better on this time too. I got half way through apposed to collapsing 10 reps into it like the first 3 times. And my breathing felt more controls.

I can't wait for yoga tomorrow to see how much my over all strength and flexibility have improved.

And by the way... where did Heather go? I need my online work out buddy!

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Re:Starting the Journey 3/16 till whenever ha

Posted by kenny - 2008/03/20 00:02

Hey Keep it up - It gets much better in Phasell - I can say I love the routines better in phase II than I.

I think heather stated she was going to Disney World.

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Re:Starting the Journey 3/16 till whenever ha

Posted by Iskarp - 2008/03/20 08:06

It's official, KempoX this AM puts week 3 in teh books!!! I am going right into the recovery week with Yoga on Friday as I am planning to rest on Sunday (camping).

Thanks for all of the chatter everyone!!! We are all going to get through this 90 day journey together!!!

BRING IT!!!! The recovery week that is!!

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Re:Starting the Journey 3/16 till whenever ha

Posted by dmorales125 - 2008/03/20 08:54

Well I finished the Shoulder, Arms and Ab Ripper yesterday and I am feeling it today.

Today will be Yoga X. I am going to do as much as I can since it is about 1hr 1/2.

I have to say that I have been on it 3 days and my Girlfriend already sees the change in me. I also feel alot better and the soreness is a good soreness.

All of you keep up the good work.

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Re:Starting the Journey 3/16 till whenever ha

Posted by Iskarp - 2008/03/20 11:06

With the Yoga work out, because it is so darn long, I usually split it up. I do the Motion Poses in the morning, which lasts until the 42:20 mark remaining on the video (about 45 mins of work out). Then in the evening, I do a 5 minute warm up and stretch and then do the Static and Belly poses (from the Tree, onward).

I have had pretty good success this way. Not too much cramping or anything like that.

Just what works for me, your mileage may vary!

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Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/21 00:12

Day umm 11? Yoga

Yoga I'll have to say is still one of my favorites so far. Its a toss up between that and plyometrics. I'm all about the fuctional strength. Nothing much to note other than I'm seeing, well feeling big improvements in my ab strength. I'm

lovin it. Till tomorrow. later.

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Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/21 21:06

ok day 12, supposed to be legs and back. This week its my rest day.

I'm having some intestinal issues and I feel pretty dehydrated and wiped out despite plenty of sleep and fluids. Worst has seemed to of passed, so tomorrow I'll start up with legs and back, and ab ripper then kenpo X on sunday(or maybe even kenpo X plus?)

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Re:Starting the Journey 3/16 till whenever ha

Posted by Iskarp - 2008/03/22 09:17

3 words.... Core is TOUGH!!! AS far as the sweat factor goes, so far it is a close race between core and plyo!! It is very Yoga like in that you are not moving a ton, but you are drenched at the end and wore out!!

Looking forward to a delayed day of rest on Sunday... Only a we days away from the 30 day pics!!! Down another 2 lbs this week to a solid 202, from a semi-solid/marshmallowy 208 at the start 3 weeks ago!! 2 lbs a week, I'll take it along with the muscle growth.

Keep bringing it... I may just do Abs today if I get a free 20 mins because I miss it so much...

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Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/22 18:06

Day 13 Kenpo X

So I woke up today and relized I couldn't use my pull up bar for legs and back till everyone was awake so I went ahead and did Kenpo X. I wasn't feeling it but I was breathing heavy and sweating but I just couldn't bust out with the intensity that I normaly have during this kinda work out... so I was a little disappointed with my self.

Now I'm back from work and I feel energy abundant! So I'm gunna throw myself into legs and back, and if I have the energy, ab ripper x(III probably do it either way lol) Back with aftermath later.

Ohh a note. Because with the hydration. I was 198 yesterday morning and then this morning I was 193 after the fit I had. So I spent most of the day eating carbs and drinking water. I feel way better now.

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Re:Starting the Journey 3/16 till whenever ha

Posted by P90X ADDICT - 2008/03/22 18:47

TiamatFix wrote:
Day 13 Kenpo X

Now I'm back from work and I feel energy abundant! So I'm gunna throw myself into legs and back, and if I have the energy, ab ripper x(III probably do it either way lol) Back with aftermath later. Ohh a note. Because with the hydration. I was 198 yesterday morning and then this morning I was 193 after the fit I had. So I spent most of the day eating carbs and drinking water. I feel way better now.

Glad to hear your feeling better ! Dude you are psycho, Kenpo, Legs, back and abs all in the same day!! My hero. Your jumping the gun, we were gonna try to get everyone to do a doubles week starting next week. Oh well, you have one up on us, just be careful, being sick like that and then jumping back into it that hard, your mom would say the same thing

you know.

Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/22 20:19

day 13(well day 12 a day late)

Ya my mom did say the same thing... But I felt pretty good today after work like I said. My weight looked good. My muscles felt stable.

So I did legs and back today to make up for yesterday, legs part not so bad, killer but not bad. Pull ups where another story. I already suck at them but the strain from the punches in kenpo and then pull up later in the day was too much, definitely a big drop in reps including the assisted reps.

Unfortunitley Kenpo X works abs(or fortunatly depending on how you look at it) and ab ripper X killed me. I got up to wide leg side ups and felt sick. I tried to keep up but I just couldn't, by the time mason fist/twist(whatever, I'm always so wiped by then to really pay attention lol) came around I just set my feet down and did them like that. Better than nothing I guess...

So I caught up, does that mean I get to take a rest day tomorrow? Or should I run or do the cardio or something? Maybe I'll check out the plus videos and try some of the advanced stuff for fun but not like all out.

Re:Starting the Journey 3/16 till whenever ha

Posted by P90X ADDICT - 2008/03/22 23:04

TiamatFix wrote:

I tried to keep up but I just couldn't, by the time mason fist/twist(whatever, I'm always so wiped by then to really pay attention lol) came around I just set my feet down and did them like that. Better than nothing I guess...

So I caught up, does that mean I get to take a rest day tomorrow? Or should I run or do the cardio or something?

OK bro, you kill me... have you seen Tony at the end of Mason Twists? if that guy is wincing, we should be screaming. When I started out, I kept two feet up as long as I could, then placed one foot on the ground for ten, and switch feet every 10. Don't you worry, by the end of your journey, you'll get it down and then some. I went for 70 the other day (boy did I pay for that one).

I definitely think you earned your rest day this week my man. The trick to doing this is lasting the distance, and I'm afraid your gonna get hurt if you keep going balls to the wall like you did today. IF you have energy to burn tomorrow, try X stretch or something chill like Yoga (I know how you love that one).

Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/23 00:38

P90X ADDICT wrote:

OK bro, you kill me... have you seen Tony at the end of Mason Twists? if that guy is wincing, we should be screaming.

The trick to doing this is lasting the distance, and I'm afraid your gonna get hurt if you keep going balls to the wall like you did today..

LOL I laughed so hard when I read "balls to the wall", almost made my abs cramp. Been awhile since I heard that expression.

And can't say I've noticed Tony wincing due to my own wincing lol.

Re:Starting the Journey 3/16 till whenever ha

Posted by dmorales125 - 2008/03/24 08:27

OK so I finished my first week of the P90X. Have to say I feel awesome. Today its back to step one with Chest and Back.

I really loved the Kenpo X. That had me sweating up a storm.

I already see some changes in my shape around my mid section as well as my shoulders and Arms.

B)

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Re:Starting the Journey 3/16 till whenever ha

Posted by Iskarp - 2008/03/24 08:45

In the middle of the recovery week.. I actually got the wife up early this AM to do X stretch.. Did Kempo yesterday, I did every single last rep!!! Tomorrow is my new nemesis, Core.. Hate to say it, but I miss Ab-Ripper.

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Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/24 21:14

Day 15(already?? its going quick!)

Doubles!!

Ok so I woke up later than normal having no work today after a day of slipping my diet(typical sunday). I think I'm done with the slipping on the diet its messing with my body when I eat that junk. I had a headache today and I was just pissy all day long. I had no desire to work out. I had a very negative additude about all the moves I struggled with and wanted to punch something the whole time. (It sucks being Irish sometimes)

Cardio X

I went into it with a head ache and came out with one. My body felt fine but the head ache made me irritable. When I got to the dreya rolls I found I couldn't roll up to my feet. I can honestly say I was rather frustrated. Spent a good 15 minutes after the dvd was over trying to do a complete one like they did on the video. Mom came in and said have you tried with your hands? Gah, I don't wanna do them with my hands..... whatever heh.

Chest and Back

I did this later in the day and I was highly disappointed. All my first set reps where at least 25% lower than the previous weeks. But then the 2nd set came around and I was about to match last weeks 2nd sets and pass up some which made me feel a little better. I couldn't complete a single unassisted pull up today... very disappointing.

Ab ripper X

I did alright cept for the part where my lower back started hurting. I made it too V up roll ups and had to stop the dvd after that.

Overall?

Today was a very negative day for me. I think I need to take a look at what I'm eating again because I'm not sure my body is getting all it needs. I am also a strong believer in that men get emotional mood swings monthly as women do, I tend to have a few days every month where I'm very moody and today seems to be one of those days. I also recall you guys talking about week 3 being a pain in the rear to get through. I'm feeling it already. All the more reason to push myself harder right? Hopfully this dark cloud floating over me will pass soon... Ohh did I mention its getting hotter in Arizona again? Lol

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Re:Starting the Journey 3/16 till whenever ha

Posted by wshngtn214 - 2008/03/24 21:33

Hang in there, brother. You can look at it in one of two ways. 1) You felt bad, it was a bad workout, you were frustrated, etc. or 2) You pushed play regardless and gave it your all. There is no question whether we are all going to have crappy days...the question is if we will push play and workout through it like you just did.

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Re:Starting the Journey 3/16 till whenever ha

Posted by kenny - 2008/03/24 22:56

I've had those days as well - I think it was my diet as well. I'm telling you, once I started a better diet, it all seems to fall in place better. I cheated over the weekend with Easter (ate chocolate) and not just a little! I'm going to be ready for Wed double day but I feel my diet is slipping a little.

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Re:Starting the Journey 3/16 till whenever ha

Posted by lskarp - 2008/03/25 11:32

Careful not to overdo it!!! More is not better all of the time. The exercises seem to be broken down in a logical manner. back in the football days, it was days of Back and Bi's and the next day, Chest and Tri's. This allowed proper recovery and we did not burn out. We ran every day and guess what... Hate it to this day, 20+ years later!!!

I too am over-motivated during my recovery week. I want to jump in and do abs. But I am not because it may interfere with Core. I am probably going to either mix in some cardio X or running this week though as I have an extra rest day coming to me (I was supposed to go camping this weekend so I skipped my Friday rest), so I am off Thurs and Friday. No chance that I take 2 days totally off though!!

The good news.. I actually broke through a weight plateau this recovery week and I am at 200#!!! Started 208. I also did an unofficial measurement last night and I am down 1.5" off of the waist!!!

Thanks for being there fellas!!! PS. What happened to the lady that started with us and headed to Disney?

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Re:Starting the Journey 3/16 till whenever ha

Posted by P90X ADDICT - 2008/03/25 13:56

TiamatFix wrote:

Day 15(already?? its going quick!)

I also recall you guys talking about week 3 being a pain in the rear to get through. I'm feeling it already. All the more reason to push myself harder right?

I call you mr motivation, and what you are experiencing is completely normal, for three weeks you have killed yourself learning these workouts, and for anyone they are hard. That third week funk is something we all went through, and it will pass, especially when you get your "rest" week in. You will feel energized and ready to go to learn all the new moves.

Yeah your diet has alot to do with how your feeling, so you need to make sure the water and carb thing is under control. I would have someone check your bloodsugars too, you would be surprised how many people I have met recently that have been diagnosed with Type 2 diabetes.

But if you need a little extra motivation, to help me, I made a Tony Horton life sized poster and use that as my target for Kenpo, I know, kind of corny, but when I'm pissed off that I didnt hit my reps, or just need some extra motivation, kicking Tony's ass like he kicks mine helps just a little bit more.

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Re:Starting the Journey 3/16 till whenever ha

Posted by Les - 2008/03/25 14:53

P90X ADDICT wrote:

...I made a Tony Horton life sized poster and use that as my target for Kenpo,
...when I'm pissed off that I didnt hit my reps, or just need some extra motivation, kicking Tony's ass like he kicks mine helps just a little bit more.

that is too funny

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Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/26 15:20

Day 16? or 17 whatever.

ok on day 16 I wasn't feeling too hot. Felt at a loose for energy so I've decided that I'm going to need to repeat this week. Im going to continue on as planned but when Monday rolls around its week 3 day 15 again. I think the heat here is giving me a head ache, my Irish genes where not build for this kind of weather. I die as soon as it hits 90 degrees. I'm sure my long ass hair doesn't help either(it goes down to almost my butt). Either way.

Plyo today I got all the way to the sports section and fast forwarded it to the cool down. My head heart very badly and my legs where starting to litteraly give. So I decided to call it quits today a little short of the end. Its not worth hurting myself after as far as I've come progress wise. As long as I don't go off the wagon and repeat this week I'll be able to pick up right where I started. Im thinking this week would be a good week to go out side and do a little light jogging in the arizona heat so I can start adjusting to the hot weather as it comes. I did that last year and by the time it got to 110, I was like hey its nice out today its only 102 degrees!

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Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/03/31 17:35

Day 15(again lol) Back with Vengeance!!!

Cardio X

So I wake up at 2am and I realize I don't have enough time to do shoulder and back then ab ripper before work, so I throw in Cardio x and what the heck... it was a breeze!! I put my all into it good form and everything that rest really helped!

Chest and Back

I put in chest in back right after work around 12:30 and blow through the first half maxing out on all my reps without much trouble(way better than last week) Then the 2nd set comes around and just tears me a new one! Then again when doesn't it ha ha.

Ab Ripper X

Then I take off my nasty sweat soaked shirt and do Ab ripper X. I keep up all the way till heals to the heavens then I remember what Addict said somewhere about placing your hands under your lower back and poof I was completing the rest of the set and still getting a burn out of it. I keep up completing all the reps up until oblique v ups and those killed me after about 12 reps on each side(I can see they are gunna need a little more focus.) Mason twist!! I got through them!! well at least kept my feet up and kept on moving. Wasn't going as fast as them so I probably only ended up doing 2/3rds the reps. And what would you know... I was ready for more!! Whats up with today!!

Cardio X 2nd go

So I start in on a second round of cardio X. What the hell was I thinking?!?! But then again, when am I thinking... I got about half way into the kempo portion of Cardio x and my obliques decided they didn't wanna have any of this non sense and gave the "Omg if you keep going we are gunna cramp and your not gunna like it" signal. So I stoped and then did some stretching.

I don't know what came over me today guys. I feel freakin amazing but I did end up gaining like 7 pounds back over the little rest time that I had. So I dunno what thats about, but who the hell cares, I was a beast today!

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Re:Starting the Journey 3/16 till whenever ha

Posted by Les - 2008/03/31 18:00

TiamatFix wrote:

Day 15(again lol) Back with Vengeance!!!

I don't know what came over me today guys. I feel freakin amazing but I did end up gaining like 7 pounds back over the little rest time that I had. So I dunno what thats about, but who the hell cares, I was a beast today!

Welcome back

it looks like you're back with a vengeance.

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Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/04/02 13:44

Day 16 Plyo

Probably the best jumps I've ever had. Tony didn't have anything on me yesterday!.... cept for when we got to jumping knee raises... jerks lol.

Day 17 Ab ripper X

I start the morning with spin class and let me tell you, if you haven't gone off and tried one of your old cardio work out yet, do it!! You'll be amazed at the difference. I know I was. I decided to stay at the gym and did ab ripper X from memory without a problem... cept this time.. I had to do all the reps no matter what! I had mirrors on both sides of me so no cheating this time or even by accident. Killer ab work out today. Arms and Shoulder will come later today after a short nap.

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Re:Starting the Journey 3/16 till whenever ha

Posted by P90X ADDICT - 2008/04/02 15:09

Look at you vengeance boy! Ready to take over the world yet? Proud of you getting back into Doubles with a spin class, way to go.

I hit the treadmill this morning after work (0300)? And was surprised at my progress, I'm usually good for 3 to 5mi at 7:30 pace, got in 7mi at 7 even, where did that come from? Could have been my 80's hair band music on the Ipod, or it could have been that I was so delerious after working a 12hr shift and then hitting the treadmill...whatever it was, I liked it.

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Re:Starting the Journey 3/16 till whenever ha

Posted by Iskarp - 2008/04/03 08:59

Kempo X this morning, closing out week 1 of Phase 2!! The workouts are definitely easier when performing as I am getting to know all of the moves! I still am equally sore the next day though. Funny how the soreness trails by 1 day.

I still have some gas in the tank so I may do CardioX this afternoon after work if the children cooperate. Sometimes Captain Underpants will hang with me and do some moves, sometimes he want me to play with him (read - whine until I play with him).

Looking forward to the 2nd week. I want be able to throw down 5+ corn cobs this week!! Last week, only was able to do 3.5 or so unassisted.

Bigger, better, stronger, healthier..... BRING IT!!

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Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/04/08 19:20

Sorry I havent post for a little while... been pretty busy with work, lots of hours and barly getting my work outs in.

I finally finished the 3rd week!! Woo!!!

Umm so did day 22? I think Yoga. I finally figured out the trick to crane!! I was setting my knees on my triceps and it was hurting like hell and then I looked up and noticed that the girl had her knees slightly off her elbows and i gave it a shot and Poof!! I held crane for more than half the full time! and then got back up after I fell and finished it!! Happy day!

Day 23 Core Syn!!

This was a fun fun fun work out guys. I didn't really know what the Core dvd was but now that I did it, it is definetly one of my favorite work outs. I look forward to doing it again many times!

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Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/04/10 00:44

guys... my abs hurt.... Core Syn totally ninja'd me!!! Stupid delayed soreness.

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Re:Starting the Journey 3/16 till whenever ha

Posted by ghpeugh - 2008/04/10 22:47

Hey!

So what day are you on now and how are thing's going? Are you in your recovery week, getting ready to start phase 2? It really sucks that I had to start over so far behind you! Oh well.

Anyway, just wanted to say "Hey" and see how things are going for you now. You've got to be ready to post 30 day pictures soon right?

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Re:Starting the Journey 3/16 till whenever ha

Posted by TiamatFix - 2008/04/11 06:52

Ya I got kinda sick in the 3rd weeks so I started it over so I'm a week behind. But ya Im in the recovery week going into phase 2 :p So technically it will be day 37 pictures lol.

Day 24 Stretch X
Nuff said. Stretch X heh.

Day 25 Kenpo X... cept not really

I decided to do my moms kick boxing class instead of Kenpo X and I think I probably got a better work out from it. I ended up helping her teach the class though lol cause she is having some knee issues and alot of the jumping stuff is bothering her. So I taught kick boxing! Im a pro :P No where is my money!

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