
Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/08 14:44

Ok so I posted this a day early? So. Heather(ghpeugh) starts tomorrow it sounds like and I'm starting the day after so I figured I'd get it set up.

I'm right in the middle of the fitness test and I think I'll go ahead and post my results and measurements. And maybe a few pictures to give you guys an idea of where I'm at.

On that note, is anyone else posting before pictures? or just waiting till they get results? Just curious.

Back in a hour or so.

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Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/08 15:33

Ok hear are my pre P90X stats a picture to go off of. (I picked the best looking pose lol)

Weight: 210

Chest: 40"

Waist: 39 1/2"

Hips: 39"

Right Thigh: 24"

Left Thigh: 24"

Right Bicep: 15"

Left Bicep: 14 3/4"

Heart Rate: 52bpm

Pull ups

Max Pull Ups: 3

Vertical Leap

Reach height: 84 1/2"

Jumping Reach: 94 1/2"

Vertical Leap: 10"

Push ups

Max Push Ups: 25

Toe Touch

Distance past toes: 3"

Wall Squats

Wall Squat Time: 1min 25sec

Bicep Curls

Max Bicep Curls: 19

Weight used: 25lbs

In & Outs

In & Outs max: 26

Heart Rate Maximizer

Immediate heart rate: 189

1 minute after: 135

2 minutes after: 116

3 minutes after: 108

4 minutes after: 88

http://www.weightloss-hq.biz/images/fbfiles/images/Forum_Pic.jpg

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Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/09 14:05

Day before Day 1

Ok so I jumped the gun a little and started kinda a day early. I woke up at 5am this morning to the P90X infomercial and was like omg I have to do it NOW!!! So I threw in the one everyone seems to be talking about, Plyometrics. OMG!!! I love it!! I almost didn't think I was gunna make it threw the whole thing. I deffinetly can't wait to do Ab Ripper X, thats the only one that I feel intimidated by. I start officialy tomorrow, Chest and Back then Ab Ripper X :blink:

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Re:Starting the Journey week of 3/9-3/15

Posted by ghpeugh - 2008/03/09 15:51

Thanks for starting this! Awesome work today!

Day One (Lean)

Just finished Core Synergistics. It was tough to say the least. I am really looking forward to building up my upper body strength; I do about 90% of my push-ups on my knees! There are definitely some moves in this video that I really struggle with (like Dreyra Rolls, seriously? I can do 5, and then I just want to lie down and die). All that being said, I feel fantastic!

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Re:Starting the Journey week of 3/9-3/15

Posted by ghpeugh - 2008/03/10 15:38

Day 2 (Lean)

Today was Cardio X " and I loved it!! It's definitely a good cardio workout and I love how it incorporates moves from Yoga, Kenpo, Plyo & Core Syn. It definitely had me sweating like crazy, but left me with a smile on my face! Tomorrow will be my first taste of shoulders & arms and the dreaded Ab Ripper X!!

Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/10 18:20

Day 1

My First Day!! I did chest and back today. Youch. I deffinetly don't have the strength to do more that 3 pull ups at a time so luckily I had some work out bands lying around and I just did the modified versions after I couldn't do any more real ones. More definetly gunna feel it tomorrow. I have the rotating push up handles so I did all my push ups with those... ouch.. I had to stop during the second round and just use my hands, didn't have to drop to my knees until the diamond push ups... ouch again. I was afraid of the dive bomb ones until I tried one and surprisingly I didn't find them to be that hard, infact I had to call my mom in to check my form lol.

Ab ripper x.... Lets just say I was yelling "I HATE YOU TONY" a whole lot to keep myself going.. I was happy to get at least 10 reps out of each move.. if that. My abs need some work, thats for sure.

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Re:Starting the Journey week of 3/9-3/15

Posted by wshngtn214 - 2008/03/10 21:24

TiamatFix wrote:

Day 1

My First Day!! I did chest and back today. Youch.

I hear you, man. I had chest and back today too and I wasn't ready for it. It's my third time doing it and I don't know if I felt like I was further along than I am or what, but it crushed me. I tried the bands for the first time towards the end and one of the handles popped off. I'm lucky I didn't lose an eye...I'm staying away from those things.

ghpeugh wrote:

Day 2 (Lean)

Today was Cardio X " and I loved it!! It's definitely a good cardio workout and I love how it incorporates moves from Yoga Kenpo, Plyo & Core Syn....and the dreaded Ab Ripper X!!

I haven't tried Cardio X yet but I think I get to next week. I'm hoping it will be a nice change. As far as Ab Ripper, just hang in as long as you can. My hip flexors and lower back give out before my abs do which just kills my momentum...the little momentum I want to believe I have anyway :)

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Re:Starting the Journey week of 3/9-3/15

Posted by ghpeugh - 2008/03/11 15:24

Day 3!!

(Lean) Today was Shoulders & Arms and Ab Ripper X.

Shoulders and Arms " I really really enjoyed (yeah, I know I'm glutton for punishment) I felt pretty strong through out, so I know I need to up my weights (I only used 3's, 5's & 8's!!) I'm going tonight to buy 10's, 12's and 15's that's about all my girly arms will need (at least for phase 1). I think I'll feel it more in the morning, but I'm glad I saw way into it.

Ab Ripper X " Well, I hate it (but I love it! LOL) It was terrible and so extreme and I wanted to die, but I held in there the best I could and the positive was that it went by really really fast, so that is awesome!

Tomorrow is Yoga for me and I'm really excited about it!

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Re:Starting the Journey week of 3/9-3/15

Posted by ghpeugh - 2008/03/11 21:44

Hey Charlie (TiamatFix) - Where are you today? Looking for your post on day 2 and Plyo!

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Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/11 22:19

Sorry for the late post :P I did Plyo today(my second time...) at 2am this morning then cooked my meals for the day and went to work at 5am got home at Noon and then over to a friends house to help her train. Then I passed out lol. Now Im awake again. But ya Plyo twice within 3 days... I don't recommend it... lol. It was a lot harder to breath this time around due to my sore chest from chest and back. probably a little difficulty added from the sore abs heh. Well day 2 down, 88 to go!

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Re:Starting the Journey week of 3/9-3/15

Posted by ghpeugh - 2008/03/11 22:28

Plyo at 2am! Wow - you are dedicated!

Great work, and don't forget the rest is important too!

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Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/11 22:35

Well I go to bed 8 1/2 hours before I wake up. I went to sleep at 6pm the night before, so I got plenty :P

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Re:Starting the Journey week of 3/9-3/15

Posted by dmorales125 - 2008/03/12 13:02

Well here I am a noobie. Started on Monday 3/10/08 and I am sore as heck.

Gotta say that this site has given me alot of info that I need as well as motivation.

As you can see in my avatar I used to go to gym religiously but have been out for a while after I hurt my knee in a Football game.

Just want to get back to being in shape again.

Here are my beginning stats:

Wght 210
Hght 5'10
waist 34
Biceps 17

I will add the rest as soon as I get the stats.

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Re:Starting the Journey week of 3/9-3/15

Posted by Iskarp - 2008/03/12 13:07

Welcome!!!

I am just finishing my second week tomorrow (officially Friday, but that is a rest day)... While the routine becomes more predictable the second week, the soreness does not because you are always trying to beat your numbers from the week before!!

Be sure to "write it down"!!!

Good luck!!

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Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/12 15:13

Ok so this morning was arms and shoulders. Deffinetly no cake wake. I found myself having to use the bands for a good 40% of the exercises because the only wiehts I have at 25lbs, 30lbs, and 50lbs. But man do those bands work. I tried my hardest to keep up with Tony and the gang today. I'll have to admit that in comparison with my chest, back, and legs my arms definetly seem to fall short.. I blame my dads genes for that one lol. Big legs, thick torso. have to work for those arms I'm tellin ya.

Ab Ripper X, second go at it. Definetly harder this time around I think. wasn't fully recovered from my last bout with it heh and the plyo that day before wasn't helping neither. But I can already see that I'm going to get awesome results from this program. Last time a work out made me dizzy was when I was activily doing martial arts working jump kicks and rolls and what not 50 times back and forth across the room. Ahh... the nostalgia.

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Re:Starting the Journey week of 3/9-3/15

Posted by ghpeugh - 2008/03/12 16:13

Day 4 (lean)

Today was Yoga!

Yeah, tell me again why I was looking forward to that? Sheeesh! I did my best to keep up but it was tough, I've never felt so un-balanced and awkward before. I am looking forward to being able to bring it (smoothly) in a few weeks!

The one thing I'm finding that is the most difficult so far is eating often enough. I tend to forget to eat my snack or mini meals and end up just eating 3 mini meals through out the day, which is leaving me with blood sugar drops, light headedness, headaches and bonking "big time! This morning I just jumped right into Yoga with out eating a thing and pretty much felt like I was going to die. That being said, its 4:00 and all I've had today is oatmeal and a protein bar (I've been up since 6:00). I really need to focus on eating every couple of hours.

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Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/12 19:16

Dang... careful with that eating... I practiced for 2 weeks before I got the Dvds, but I only eat one meal in the morning after I work out and eat a snack every hour to an hour and a half up will 3 hours before I go to sleep. But I play it by ear and just listen to my body and give it what it needs, if Im just hungry I give it protein, if I feel exhausted I eat some sugar(fruits or a little peanut butter or a dash of brown sugar in oat meal) and then whole grain carbs to sustain my self, and so far I'm seeing great results out side of the work out. So far I haven't felt hungry once due to the many small snacks through out the day. I got dizzy at work though on day 2 (plyometrics) and lucky starbucks started carrying the naked brand juices and had the power protein and I literally ran to the back between customers and grabbed one from the fridge and downed it, it seriously saved the day. I felt better in about 5-10 minutes because of the sugars in the fruit and I got a good dose of protein. Sorry I type a lot. I'm a talker, can you tell? I'm out for the count night guys.

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Re:Starting the Journey week of 3/9-3/15

Posted by wshngtn214 - 2008/03/12 21:04

ghpeugh wrote:

Day 4 (lean)

I tend to forget to eat my snack or mini meals and end up just eating 3 mini meals through out the day, which is leaving me with blood sugar drops, light headedness, headaches and bonking " big time!

Yeah, you want to be careful with that. Your body is looking for those missing calories. I was bonking like crazy in week one and early week two. I think it was just from such a drastic change in diet though because I never forgot to eat :).

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Re:Starting the Journey week of 3/9-3/15

Posted by Les - 2008/03/13 05:59

I dislike this diet thing because I'm not good at following it.

with that said i do my best! I eat a lot of fruits about every 1 to 1 1/2 hour during the work day and i get a snack before diner plus I eat no processed foods.

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Re:Starting the Journey week of 3/9-3/15

Posted by Iskarp - 2008/03/13 09:01

WEEK 2 IN THE BOOKS!!!

With Kempo X in the rear view mirror, I finally get to rest after almost 2 weeks!!!

During my 1st week, I missed the 2nd day (hangover from an awesome day at the P-nut Island Tiki Bar). So I have gone 13 days straight!! I am so looking forward to Stretch X or possibly Cardio X tomorrow.

Only one more week of this sequence, then a new set of challenges await me.

Keep the goals within reach and you will reach higher goals.

Remember... the pain is temporary, quitting is forever!!!

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Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/13 15:46

Day 4 part 1

Ok, I know this is yoga day but I woke up this morning and thought... I wanna do yoga before I go to bed... then I thought.. Well what am I gunna do with the 3 hours I have before work... *light bulb over head* **CARDIO X!!** So I threw that baby in.

Familiar warm up at start then it went into a mini yoga rutine so I had something to look forward too. Then the mini Kempo section, I'll have to say this was a cake walk for me sadly, I went for years 3 times a week doing these exact combinations, but I made me a little happy to know that I could do it all better and faster than Tony while keeping good form. Then the mini Plyo section got my sweat going but I still didn't feel like it was doing its job... then came... wacky jacks... and OMG we got half way through that and I was sweating like a pig and breathing heavy lol. Good stuff. I'll be back this evening with Yoga updates.

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Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/13 18:15

Day 4 part 2

Yoga. I'm going to have to say that was the sweatiest work out I've had by far. I've watched yoga in yoga gyms, and I've watched it at main steam gyms. What ever Yoga X is, it's sure in the hell not what I'm used to seeing but man I love it. And you guys are right, Crane stance is hard. I found myself doing like 20 summersalts by the time it got to the end of that section. And I'll have to thank martial arts for my balance and flexibility. Hats off you all you middle age guys doing this stuff you guys are extreme! (Insert explosions and fire works here followed by a big mega concert with the rock band of your choice)

Re:Starting the Journey week of 3/9-3/15

Posted by ghpeugh - 2008/03/13 21:28

Hey Guys! Day 5 done!

Today was legs and back â€œ WOW, all those pull-ups (I have to use a chair) and my legs are still singing!

Tomorrow morning is Kenpo and then we leave for Disney over the weekend. Luckily Saturday is my rest/stretch day and then weâ€™ll be home late Sunday evening, when my plan is to start on week 2!!!

So, Iâ€™ll probably be MIA until Sunday or Monday, keep up the great work everyone.

Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/14 18:04

Have fun in Disney land! Err your in Florida.. so I guess world? either way.

Day 5 back and legs

Ok I still suck at pull ups but I have get 1 more per set compared to day 1. so instead of 2 each set its like 3 and the sets after where I could only do one it was 2. I ended up finishing with bands again and I made sure I pretty much burnt out each time this time around. walked back as far as I could but still barly be able to pull them in to do a mock pull up. Hurts... But for the leg exercises I only dwindled on the endurance types, like wall squats and one legged wall squats. Heh I wasn't squatting 400lbs at the gym for no reason was I? I need heavy dumb bells for calve raises. I had a 50 in each arm and kept up. I felt it but it didn't have that P90X burn/pain I felt with all the other work outs except for the part where my forearms started screaming from holding on so long.. Think I'll throw on my weight vest next time I do legs to increase the intensity cept for the really deep lunges. Either way though this was still one of the best overall leg work outs I've had in a while.

I ran out of time this morning and had to do ab ripper after work instead of right after legs and back. So I was kinda cold going into it but it kicked my butt again. Though I do feel like it was a little easier and kept up at least to half was through all the moves except heels to the sky. I need yoga pants...

Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/16 13:45

Day 6 Kempo X!

I'm going to have to say this was pretty fun. I love martial arts and my muscles have been scuplted around these kinda moves. I had to improvise a bit with deeper stances and higher kicks and keeping my hands chambered at cheat level flexing at all times.

If you wanna make the kempo more practical in real life here is a few tips on delivering smoother and more powerful strikes:

with the ball/front kicks throw the kick with you heel against your butt and throw the kick at the end of the motion then bring your heel back to your butt before you bring your thigh back in.

with all strikes and blocks stay relaxed through the motion till the very end and then flex, throwing stiff punches is bad. Save your energy and strength for the impact.

with blocks twist you forearm into the block at the end when you flex, you'll develop stronger forearms and it will turn all you blocks into strikes. Nothing is worse than throwing a punch and someone throwing a block that throws your shoulder out of place.

Tony uses alot of these techniques in his moves but doesn't explain them :(hope this helps intensify you Kenpo X experience!

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Re:Starting the Journey week of 3/9-3/15

Posted by kenny - 2008/03/17 10:26

Good pointers - Thanks!

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Re:Starting the Journey week of 3/9-3/15

Posted by Iskarp - 2008/03/17 14:10

I started Week 3 on Saturday and while the motivation to bring it is still here, the workouts seem to be getting harder. Especially the weight ones. I am getting better at Plyo, Yoga, and Kempo (I have a Judo background), but the 'worksheet' workouts actually seem harder this week. It is odd, because week 1 to week 2, I saw a large increase in the amount of reps and sometimes weight. But not this week.

The good news?? With shoulders and Arms in the books, I only have Legs and Back on Wednesday and then the "recovery" week will be upon me!

Question for the group?? Is this normal to regress in the last week of the phase a bit? I feel great, have lost approx 5 lbs from my start weight, but I probably have put on some muscle weight as well (not tons). Muscle tone is definitely improved some as well.

Thanks for the input all!!

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Re:Starting the Journey week of 3/9-3/15

Posted by TiamatFix - 2008/03/17 15:02

my theory is that you where just learning everything the first week, then on the second week you put in your all cause you where now familiar with the moves, then came the 3rd week and you kicked your butt the 2nd week and didn't recover as well as you did from the 1st week. Just a theory.

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Re:Starting the Journey week of 3/9-3/15

Posted by Iskarp - 2008/03/17 15:48

Probably some truth to that. I can say that the first week, there was a bit of 'sandbagging' to ensure that I could get through the workout, then the 2nd week, I worked out to my Maximum potential as I knew what to expect.

It is just feeling like I am working out with a bowling ball attached to my ankle when I am doing the weights.

I am looking forward to yoga tomorrow for sure. Not so much on the back/legs on Wed. I think next week will be a good week to recover and gather myself before the weights kick in again.

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