
water

Posted by chrisinfinity - 2008/07/02 23:30

anyone drink more water since starting p90x?

Man i swear to god i drink about 16 glasses of water a day and it taste so good and i drink no sweet drinks no more. i always feel thirsty.

Also after p90x i dont do ab ripper cause my back but i do 150 crutches and then i run on my treadmill for 40 minutes and i sweat like crazy. Is this ok or should i put it separate. I dont want to because i shower after and i dont want to shower two times.

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Re:water

Posted by kenny - 2008/07/03 08:50

I assume everyone who does the program drinks more water.

I would recommend you not to skip the ab workout - I have a bad back as well. It was rough in the beginning but it got easier. Also, since doing the ab workout, it has helped my back.

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Re:water

Posted by he4dhuntr - 2008/07/03 10:44

I drink more water since P90X, but only because I'm forcing myself to. I've always drank a lot of water (2-3 litres a day), but since I started P90X I've started taking creatine supplements (small doses) and so force myself to drink more due to the effects of that (read up on it if you want). I'm drinking anywhere from 4 to 6 litres of water a day now. Experts say that normal people should drink from 8 to 13 glasses (8 oz each) of water a day, and for people working out intensely it would be more. Since you're sweating more, you're losing much more water and so it's normal for your body to need more water for it to replenish. Our body is mainly made up of water, so drinking a lot (not TOO much!) is always good for you, whether it be for losing fat, building muscle or just being healthy. Cheers!

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Re:water

Posted by Courtland - 2008/07/07 17:48

kenny wrote:

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Same here. It took a few weeks to get the lower back muscles up to speed with the abs. Try rolling your mat up and sitting on it for the upright exercises.

-Court

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Re:water

Posted by Big Papa - 2008/08/15 09:46

That's a good idea. I couldn't do any of the ab exercises that were in the V position yesterday. I did some crunches instead, but I was pissed that I couldn't do the exercise they were doing.

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