
Week 1 in the books

Posted by t1m - 2008/04/14 16:19

Today is day 7 of the classic version. Some aspects of the workouts were definitely harder than anything I've done previously. I've done yoga off & on for a couple of years but never consistently but I have never, not even in power yoga, flopped around like I did during the first part of Yoga X :blush:. Hopefully by the day 87 or so I'll be a little more coordinated:unsure:

I loved the plyo and kenpo, those are the exact type of workouts I think I've been needing to help w/ my weak ankles. I have to say that so far the one exercise that pained me the most were those darn one legged wall squats...holy smoke! I've been doing the two legged variety w/ weight plates for years but never single legged like that. It hits the muscles in a whole new way. My buttocks sure feel it too.

I used bands for the pullups for the most part since my power tower isn't due to arrive until Thursday. I do some of the pullups on my garage rafters but that is rough on the hands. I'm sure once I start doing the real pullups I may change my tune about the most painful exercise.

I followed the sample meal plan almost exactly and think I know enough about the proper phase 1 portions to maintain the diet. I'm sure missing carbs though! I'm so used to my diet as a distance runner being heavy on the carbs that the transition has been difficult. I love steel-cut oatmeal for a mid morning snack and am jones'n bad for a big plate of pasta!

Looking forward to week 2 starting off tomorrow. I have the pictures, just need to get around to posting 'em.

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Re:Week 1 in the books

Posted by Steph B - 2008/04/14 16:47

Week one in the books for me also! Congrats to you!
It was very difficult, and I still hurt in places I did not even know i had:huh:

Yoga was also awkward for me, we will get better!
Kenpo was my favorite, plyo kicked by butt, but just think of how hot we will be when we are done!

Keep us posted, post some pics and lets get through it together! B)

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Re:Week 1 in the books

Posted by t1m - 2008/04/14 19:27

Have the pics in my profile now. Guess that means I'm definitely committed now!!

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Re:Week 1 in the books

Posted by TiamatFix - 2008/04/14 23:51

T1m, your not looking too bad already my friend. Just wait till your done with this program, your gunna look amazing.

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Re:Week 1 in the books

Posted by Chadwick - 2008/04/15 13:08

Looks like we all started @ the same time. I can tell you that chest/back was much easier and so was ab ripper this time around. I went snowboarding on Saturday and had the best day riding in a LONG time. I think this is already helping me move better and have more confidence. :D Keep it up guys!

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Re:Week 1 in the books

Posted by Les - 2008/04/15 13:15

Congrats

you survived the whole week.

It gets easier from here because you don't have to constantly stop to watch Tony do the moves.

you'll also be able to pull and push more weight, if you want to do so that is.

Spartan bound!
