
I finished my 90 Days...

Posted by kenny - 2008/04/18 10:04

I've already started my next 90 days and very looking forward to day 180. I'm planning on doing the P90X Plus afterwards and maybe mixing it up with working out at the gym.

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Re:I finished my 90 Days...

Posted by Ben48 - 2008/04/18 10:15

CONGRATULATIONS!! I'm so jealous, but I'll get there eventually...whenever I'm able to start.

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Re:I finished my 90 Days...

Posted by Les - 2008/04/18 13:30

Congrats again.

Week 12 start on 4/19. so that gives me 2 weeks to make up my mind as to what I want to do. restart p90x, go freestyle, or p90x plus.

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Re:I finished my 90 Days...

Posted by TiamatFix - 2008/04/18 17:20

les... do P90X doubles with plus! And do the original P90 as a cool down :p I dunno.... Addict might do it.

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Re:I finished my 90 Days...

Posted by kenny - 2008/04/18 22:58

I did Cardio X for the first time yesterday. I can say it was very easy to me.

I'm going to still do P90X for at least 2 months, after that I may consider doing Plus.

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Re:I finished my 90 Days...

Posted by Les - 2008/04/19 07:12

I requested a review of P90x Plus from Addict before I make up my mind.

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Re:I finished my 90 Days...

Posted by Les - 2008/04/19 07:19

Ben48 wrote:

CONGRATULATIONS!! I'm so jealous, but I'll get there eventually...whenever I'm able to start.

You haven't started yet.

you better start doing some push ups, just 10 a day see how fast you'll get to 200 a week (I'll give you 2 weeks)

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