
What's P90X Shuffle?

Posted by Cafitz - 2008/06/27 10:34

Just received my Plus dvds yesterday (will go into that in another thread) - and it has listed in the back of the fitness guide "P90X Shuffle - coming soon". Anyone ever heard of this?

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Re:What's P90X Shuffle?

Posted by he4dhuntr - 2008/06/27 10:53

Never heard of it. By the name though it seems like a routine where you shuffle the workouts or the order in which you do them. Just a guess.

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Re:What's P90X Shuffle?

Posted by Val - 2008/06/27 13:30

Maybe it's a P90X dance routine? :blink:

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Re:What's P90X Shuffle?

Posted by Cafitz - 2008/06/27 15:11

Well I'd be in trouble then :P

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Re:What's P90X Shuffle?

Posted by Les - 2008/06/28 06:50

they better be careful not to dilute the brand name.
P90x shuffle sounds suspicious to me

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Re:What's P90X Shuffle?

Posted by chrisinfinity - 2008/06/28 13:43

its probubly one on one with tony

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Re:What's P90X Shuffle?

Posted by Cafitz - 2008/06/30 15:41

Now that I think about it, next to the word shuffle, it had the same symbol that Apple uses for their shuffle iPod. Hmmm . . .

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Re:What's P90X Shuffle?

Posted by Les - 2008/06/30 23:03

Ipod Shuffle???? I think a lot of people are taking their p90x experience to the gym as I do, however shuffle doesn't give

you videos

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Re:What\'s P90X Shuffle?

Posted by he4dhuntr - 2008/07/02 09:15

I don't think it'll have to do with the iPod, although I may be wrong. The "shuffle logo" that you're talking about is used a lot for just showing or describing the word "shuffle". I don't think it's directly linked to the iPod or iPod Shuffle. I think it'll just be a routine where the workouts are alternated or "shuffled" around to really confuse muscles. Just a guess though.

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Re:What\'s P90X Shuffle?

Posted by tyd45 - 2008/10/22 23:03

You choose the kind of workout you want to do (chest and back or cardio) and the amount of time you want to do it and then it randomly selects the exercises for you. Sounds pretty fun. Amp the muscle confusion to the max. It's supposed to be a while before it releases though

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