
What next.....

Posted by madkaw - 2008/05/13 21:48

Well, I'm finished with P90X-classic. I'm also getting burned out with P90X-my way. I still love the resistance training and core. But, I'm getting seriously bored with cardio-x, kempo, and plyo (actually I just dread the crap out of plyo at this point). To be clear, I'm basically juggling the DVDs now in my own order. Honestly, I've lost track of how long I've been doing this. But, it's been roughly 3 months since I finished the classic version.

Anyway, I'm thinking that I'd like to throw some new cardio work-outs into the mix. Of course, I could go run, bike, spin, do the elliptical, blah, blah, blah. The trouble is I did all that for years prior to P90X. So.....I'm really not looking to go back to that either.

I'm kind of kicking around this Turbulence Training. Actually, I just stumbled across it tonight, so I don't know much about it. Any ideas? Anyone found a mix that works for them? I really like to keep cardio in the mix at least 3 days per week. I need to keep the endurance up for some other stuff I like to do. Basically, I just need some new and exciting cardio.

Whew, just realized this is a long post. My first one too. Sorry. Any help appreciated.

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Re:What next.....

Posted by Les - 2008/05/13 22:29

I understand your dilemma, I just restarted p90x for another 90 days. after p90x I attempted going back to a regular routine of Upper/lower body. I did that for exactly 2 days, 1 days on the treadmill and one day doing conventional Shoulders and arms. it was boring, after 45min of working out some considerably heavy weight.

you should consider the Crossfit training and P90x PLus

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