

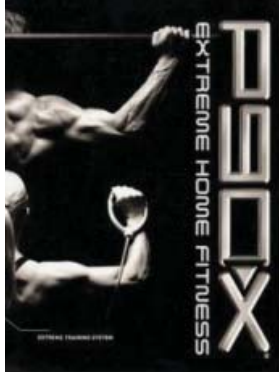
# Opinion

## P90X: P is for pain. 90 is for days. x is for 'x'treme as in amount of pain you will be in

by **John Climer**  
Managing Editor

I recently began a very arduous undertaking – to complete the popular P90X workout regimen.

The program cycles 12 different DVD workout routines over a 90 day period to produce what it calls “extreme” results. The program goes as follows: month one – three weeks of “adaptive & mastery phase” of the first month routine, followed by a week-long “recovery” phase. Month two - complete another three week “adaptive and mastery phase” of the second month routine, followed by another week-long “recovery” phase. The third and final month marks the beginning of a “ballistic” training regimen, wherein routines are alternated at random and



haphazardly to keep the body constantly guessing, thereby producing the “extreme” results.

The program functions off of what its developer calls “muscle confusion;” this promotes muscular growth and endurance, while simultaneously preventing the user from reaching a state of muscle plateau during the 90 day process. As a current user of this program, I can most assuredly inform you that my muscles are confused. And sore.

The routines found on the DVD’s range from “Chest and Back” to “Yoga X” to “Ab Ripper X.” The “ab ripper” lasts only 15 minutes, but contains the most sadistic, yet effective things a human being could ever possibly

conjure up to exercise the abdominal and core muscle groups.

In spite of being difficult, all routines in the P90 catalog require very little equipment; users only need a place to do pull-ups, a chair and dumbbells or resistance bands to complete the various routines they will encounter during their 90 day experience.

The routines, although difficult and intense, will produce the promised results when adhered to; the key words in this sentence being “adhered to.” Due to the hyper-intensive nature of the work-outs, it is very easy to get burned out quickly and very easy to skip the routines that provide users with the most difficulty (for example, the “Yoga X” DVD is currently the bane of my existence), however, if you work hard and stick with the routines, it is very likely that you will see your overall fitness level increase dramatically.

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