

[PRELIMINARY REVIEW OF P90X3](#)



As some of you know (in other words, friends, family and the 5 people who read this blog ☺), I did P90X in 2009 and had great results...and also got pretty injured after the second round through the program. You can read more about that sob story [HERE](#). This time, I'm back doing P90X3 – with some modifications and a lot more knowledge on how to protect myself from injury, thanks in part to my chiropractor/muscle pain guru (more about him and his back pain program in an upcoming post) – and definitely back to loving all that is Tony Horton.

For those of you who have never heard of P90X or the new P90X3 (this is for a friend of mine; let's not embarrass her and just post her initials. In bold: K.G.), here is the official trailer:

The hubby and I started the program a week ago and we thought 30 minutes a day HAD to be easier than the one-hour-plus daily workouts of the original. Said hubby actually never finished P90X because it simply took too much of his time, so this seemed like a good option. What we both discovered though, is that less time does not mean less intense. So today, on my 9th day since starting the program, I give you my preliminary review of P90X3 with a list of pros and cons:

PROS:

- **Shorter workouts:** Seriously, who doesn't have 30 minutes a day to workout?
- **Modifications:** Anyone can do these workouts; with all the modifications that are provided you can work at your own pace up to the maximum intensity.
- **Minimal equipment required:** A few dumbbells, a [Chin-Up/Pull-Up Bar](#) or [Resistance Bands](#), good crosstrainer shoes, a plyo and/or [Yoga Mat](#) and some tape for Agility X. *Note: many of these items are available directly from Beachbody – simply click the picture at the top of this post.*
- **No more 90 minute Yoga X torture, P90X3 Yoga is actually enjoyable:** Coming from someone who is bored to tears by Yoga – sorry, yoga-lovers!
- **Tony and his corny sense of humor:** This may be a PRO or a CON, depending whether or not you like Tony Horton, but I do, and his silliness makes me laugh and keeps me working hard.

- **Easier nutrition guide and program:** As a Nutritionist, I have to say I am very impressed with the time and effort that was put in to this program; it is similar to the way I teach my clients to eat and it is laid out in a simple, easy to understand format. I'm happy to see, unlike other so-called Nutrition programs, that absolutely NO artificial crap is allowed!

CONS:

- **Too many pushups for my liking:** Yes, pushups are a terrific overall body exercise. However, for people with rounded shoulders/bad posture (ahem, that would be me), pushups simply make this problem worse. It shortens the muscles of the pec wall, thereby further rounding the shoulders, unless a LOT of stretching to counteract this issue is done on a daily basis. I've personally had to swap out a lot of the pushups for my own upper body strengthening moves using the [TRX](#) or free weights. For most people, however, this shouldn't be an issue. If you are 5'10" with a giraffe-like neck like I am, then I feel your pain. Literally.
- **Not enough stretching at the end of the workouts:** You definitely need more recovery time to prevent injury and I find myself stretching for a good 10-15 minutes more after the workouts are done.
- **2 minute warning at the start of EACH workout DVD:** This may not seem like a big deal, but when you can't click on the menu button or fast forward the warning EVERY single day, it gets kind of annoying. I mean, we get it, this program is not for people who just got off their couch yesterday and it may kill you and beachbody is not responsible, bla bla bla. But every workout?

OVERALL:

Although I have had to modify some of the exercises in the program to make it safer for my personal neck/upper back issues, I still highly recommend this program....so far. Whether or not I continue to feel that way in the upcoming weeks remains to be seen, but I am pretty dedicated, as is my brother and sister-in-law who started the program the same time we did. It's nice to have a What'sApp group text going where we all bitch and complain about how hard a workout is or how much we crave a pizza. As I write this, my forearms hurt, my lats hurt, my glutes hurt...but all in a good way, thank G-d.

I've also become a [Beachbody Coach](#) to help others who are doing any of the Beachbody fitness programs. Of course, I'm still available as a [Personal Trainer](#) if these type of home workouts are not your thing!

By the way, there is a P90X2 (in case you were wondering), but since I haven't done it, I figured for the purpose of this blog post we can just pretend it doesn't exist. ☐

Wishing everyone a happy, Healthy and Fit New Year! ☐

