

Published based on [P90X Workout Program From Overweight Couch Potato To Super Dad In 3 Months And 10 Minute Trainer](#)

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Just in case you haven't been following my list of articles on my fitness situation, then let me recap for you briefly. I decided I needed a change when my daughter asked me to play with her outside, and after only 10 minutes, I could barely breath. It's true, I was bad enough out of shape that I couldn't play with my daughter.

Quick Note: Get On board now and get your body in the best shape that you can, get the [P90X](#) And The [P90X](#) and see the results faster and be healthier sooner. If you are really ready to make that change to your body, then get the P90X and the INsanity Workout Now at Xtreme Body Fitness stores.

I couldn't bear to look into those little eyes so full of disappointment because her Daddy couldn't play with her because he's too fat. All I could do is break down when I saw that look of sadness in my baby girl's eyes. I didn't expect to ever feel this way. It's no one's fault but my own that my little baby was sad and disappointed in me because of my laziness.

During this time I was very mad at myself for letting myself go. Because I used to be athletic, I never imagined being fat and overweight. And I never imagined that my little girl would be sad and disappointed in me because I was too lazy and out of shape.

I just couldn't stand the look of sheer disappointment in her eyes. I needed to change things and I couldn't do it alone. Then it happened as I was sitting on the couch watching TV like normal. And the commercial came on for a workout program by Tony Horton called P90X. Wow, did it get my attention as I watched the changes that people went through on TV by doing the workout program. People like me, who had the same problems. They had all gained too much weight and weren't in shape.

So, of course, I called the number and bought the P90X workout program. It costs around \$100, which is worth it if it works. When my little girl is proud of me because I've gotten off the couch and have changed my life, then I'll know that this program is worth any amount of money.

A few days later, UPS delivered my P90X workout program. My excitement and happiness could barely be contained. I could now maintain respect from my daughter and anyone else. I knew how hard it would be, but I was determined.

Wow, I did the first workout that night, and it was hard. It was so hard, but I didn't stop. The workout lasted for about an hour. And later, I felt like throwing up as I went to take a shower, but I didn't. I found my bed and woke up the next day barely being able to walk, but I still didn't give up.

So, I endured that for a week because I was so out of shape, but the second week I felt great and could already see a difference in my body. Not only was my body changing, but I wasn't feeling as sore. I was amazed at how I could see this working. This is when I knew that I could do this and get my body back in shape.

Well this went on for an entire month, I saw the change happening and I was getting addicted to the feeling. I was feeling great while my life changed. I was losing weight, I had more energy, and I knew that my goal to be able to play with my littel girl again with out dissappointment was very close to being accomplished.

To make my story short, I'll fast forward to the final month. Now, 90 days, or 3 months have passed. I have completely lost all the weight, I have put on more muscle, I actually can see a little six pack coming out, and let me tell you my energy is super charged. I feel like a new man, and my little girl has her daddy back. I don't sit on that stupid couch anymore, while life passes me by, but I'm up playing and enjoying life with my daughter. I would still be wasting away on that couch if I didn't find P90X.

I'm going to take care of myself from now on so that I'm around to see my daughter grow up and hopefully grow old. My daughter just informed me that a superhero on the cartoon she was watching reminds her of me. I teared up as I thought of how my little girl is finally proud of me again thanks to the P90X workout program. So all my thanks goes to the true heroes for putting out this great product that has changed my life for good.

You can also find this article published on [P90X Workout Program From Overweight Couch Potato To Super Dad](#)

[In 3 Months And 10 Minute Trainer](#), and on the tag pages [lose weight](#), [p90x](#), [p90x review](#), [p90x reviews](#), [p90x workout](#), [workout](#).