Reasons a program would not work:

Not putting in enough effort (you get what out of it what you put into it)

Overworking muscles, know the difference between pain and discomfort

Never switched up your workout

In the book total transformation by Steven ilg he boasts for doing things that you suck at so your body must adapt to new forms of training, do the same thing over and over will be largely ineffective

Not providing adequate nutrients to your muscles to help them grow

A great workout can go to waste very easily if proper recovery foods are not put into the body within the anabolic threshold when your body is absorbing 30% mor nutrients than at any other time.

Trading sleep for workouts, it’s better to go to sleep that to force INSTEAD of going to bed.

Now its very difficult to say that a training program is a complete failure because programs work differently for everyone. For example a body builder wouldn’t run a marathon every day to train for a competition.

Crossfit p90x and insanity are great examples of training programs and studies with test groups that although provided great results failed in various aspects.

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Evidence of Insanity and p90x failing:

Halpern Fitness.com : “Both p90x and Insanity are very intense and are not suitable for many people. The workouts are unprogressive and do not start everyone with the basics. The form is questionable and without the basic movement patterns perfected the excersizes are downright dangerous. There is also no one there to correct you if you are doing it wrong.

Semperfitness.com : P90x is only good for people with athletic backgrounds. We do not advise beginners to start on p90x.

However P90x has a wide range of workouts to be utilized after completion and utilizes muscle confusion to keep the body guessing. A great tool for gaining muscle and getting a cardio workout as well

Insanity:

semperfitness claimed that because of it’s abbreviated length: “the workouts are strictly cardio and although it will make you gain weight it will not help you put on muscle mass

As far as crossfitt goes

An Article in Army times:

Several military doctors medics and fitness experts held a

Meeting in Washington DC at the Uniformed Services

University of the Health Sciences to discuss p90x, insanity and many circuit related cross fit exercises.

Injuries ranged from torn ligaments and pulled muscles to even more extreme cases that landed troops in the hospital. More severe cases are noted about a case with a man named Brett Boland before he entered the elite ranks of special operations and decided to try a cross fit program.

He was diagnosed with “rhabdo” short for rhabdomyolsis, a condition where the muscles are overworked to a point of breakdown and release dangerous toxins that in excess can harm the kidney.

Don’t believe me.. well: The california based crossfit company has recognized these dangers for years...

In 2005, CrossFit founder and CEO Greg Glassman wrote in the CrossFit Journal:

"Countless bad-asses from sporting and special operations communities, long regarded as bulletproof, have been burned at the stake of ego and intensity. As it turns out, the burning is rhabdo.

"We now find ourselves obligated not just to explain CrossFit's potency but to warn of its potential lethality. ... With CrossFit we are dealing with what is known as exertional rhabdomyolysis.

What could possibly make them so dangerous. Well after taking a look into the programs themselves:

Normal Intervals: Moderate…. Short Sprint

Insanity: Long sprint… short rest period

Meanwhile in p90x they warm-up, and at least they instructor (tony Horton) advises to drop weight if its unmanageable

I’d recommend p90x even though it’s a little longer

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Nutrition plans that have failed in the past.

Focus diets:

Focus on one type of food, or completely neglect one type of food

Example: Cabbage soup diet

A 7 day diet that is specifically designed to essentially starve yourself for a week and guess what you’ll loose weight

You don’t starve yourself but for the diet you make a recipe of bland cabbage soup and eat it every day for a week and throw in some veggies… what fun is that?

Miracle food diet:

There is no secret formula

Diets that revolve around a single supplement are only effective (if at all) if additional nutritional choices are taken. Taking on pill a day won’t do the trick simple as that

However there are many different fruits that can be taken in addition to your efforts that are scientifically proven to:

Provide multiple disease-fighting nutrients,

Fill you up so you can enjoy plenty of food without excess calories, and Easy to include in everyday meals.

Fasting/low cal diets:

Example: the “skinny” vegan diet, the Hollywood diet, and the master cleanse diet

Fasting for weight loss is counter productive.

Otherwise known as the yo-yo syndrome when your body detects starvation it slows it’s metabolism rate to hold onto energy

When diet ends the person goes back to eating regular quantities of food and the body stores more of the weight than needed.

Its better to eat something than nothing at all\*\*

ADDITIONALLY

According to web MD’s diet info article from last year:

During a fasting related program fat and muscle are both lost (weight)

However when the diet ends, it is only fat that comes back.

These diets give the body less energy for physical activity. Diets that claim to help you loose multiple pounds in a very short period of time are simply unrealistic.