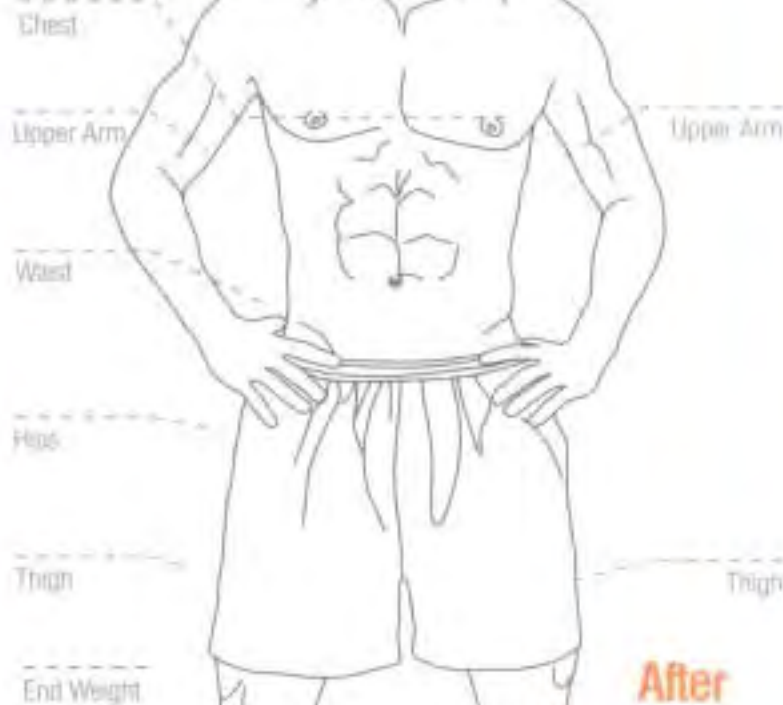



Workout 1



Workout 10



RESULTS

Chest 

Right Arm*

Left Arm*

Waist

Hips

Right Thigh**

Left Thigh**

Weight

*Fixed, measured at peak of bicep

**Measured at widest point

Workout 1



Before

Workout 10



After

RESULTS

Chest

Right Arm

Left Arm

Waist

Hips

Right Thigh**

Left Thigh**

Weight

*Bust, measured at peak of blouse

**Measured at widest point