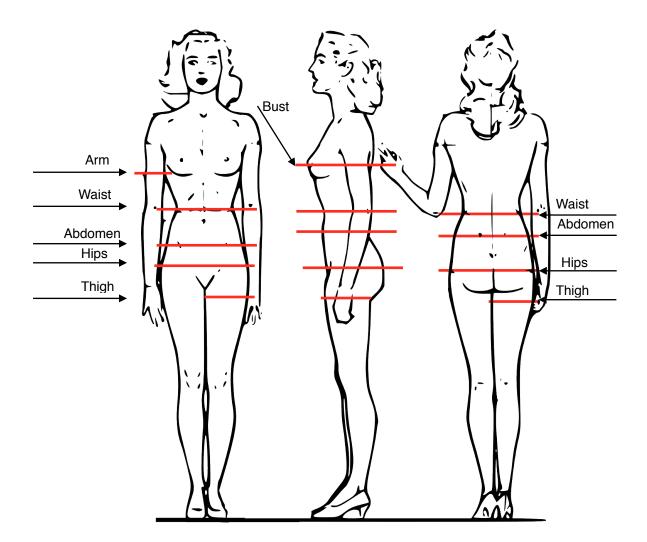
Take Your Measurements

Before starting your program, it's important to measure yourself. You want to know when you're losing centimetres or inches as your body composition changes. Measure yourself once a week, using the guidelines here.

Here's where to measure:

Bust: Fullest part of the bustWaist: At or slightly above the navelAbdomen: 10cm/3 inches below navel in line with hip bonesHips: Fullest part of your buttThigh: Just below butt cheek (measure both legs)



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