

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 bust

Waist: At or slightly above the navel

Abdomen: 10cm/3 inches below navel in line with hip bones

Hips: Fullest part of your butt

Thigh: Just below butt cheek (measure both legs)

