

Scales

Looking at body composition is important; relying purely on scales shouldn't be done especially when we are doing workouts which will aid in more lean muscle tissue. When using scales please try and stick to using the same scale each time making sure it's in the same place on a nice hard level surface.

Visual

We suggest you Take 3 photos: Front side and Rear view.

It's important to go with how you feel, look and measure yourself against dress sizes and use the photo to pay close attention to the body composition. Either get someone to take the pictures for you or use a Full length mirror if possible.

We recommend that you take the pictures in tight clothing or if comfortable in underwear, please avoid baggy/loose clothing.

Taking measurements:

CHEST – Mid chest point across your nipple line.

WAIST – Measure around the narrowest part of the Torso.

HIPS - measure around your Hip bones.

THIGH – Measure 8 inches up from your knee crease keep a finger on that point then measure around. Right + Left Leg.

We need to ensure that we take the measurements in the same place each time. For the challenge we recommend that you take the measurements yourself. But when doing so, this should be done in front of the mirror so you can remain upright as much as possible and not look down as this can alter your readings.

Let's Do This!

Team IFOW

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