**Bowflex® Before & After Photos**

To help you track your success, measure both your body weight and your inches lost. But also take time to observe the positive changes you feel, as well as how your clothes fit, and what your body looks like.

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<th>WEEK 1</th>
<th>CHEST</th>
<th>ARMS</th>
<th>WAIST</th>
<th>HIPS</th>
<th>THIGHS</th>
<th>WEIGHT</th>
<th>BODY FAT %</th>
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<tbody>
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<td>WEEK 6</td>
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<td>WEEK 12</td>
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<td>WEEK 18</td>
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Pictures can be the most exciting evaluation you can do. The numbers and the tape measurements are great, but actually seeing differences from comparison photographs of yourself is quite satisfying.

Taking full-length photographs is not difficult, but to see the maximum difference between before and after, you should follow these guidelines and use the following pages to track your progress.

**What to Wear**

The clothes you select for your pictures should fit your body and show your figure. For best results, men should wear shorts and no shirt, and women should wear shorts and an athletic bra.

**Take your photos in 4 positions:**
1. Facing forward with your arms down at your sides
2. Facing forward with your hands on your hips
3. Facing left with your arms down at your sides
4. Back to camera with your hands on your hips

**Tips for taking your photos:**
- Do not suck in or push out your stomach
- Stand breathing naturally
- Do not cut your head, arms or legs out of the picture
- Save the images in a high-resolution format

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True fat-loss and improved fitness may come more slowly than just weight-loss on a scale, but you will look better, feel better and love the results even more!