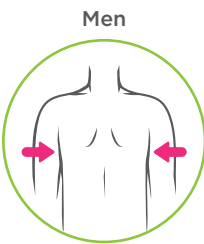
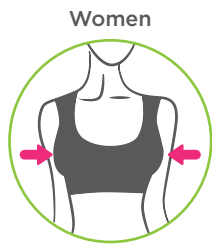


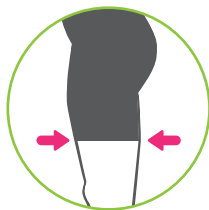
Measurement Tips

Congratulations for committing to the IsaBody Challenge! Although you are required to keep track of your weight, you may also wish to take measurements in order to get a better picture of your IsaBody™ journey. Keeping track of how many centimetres you have lost can be a powerful indicator of your progress.



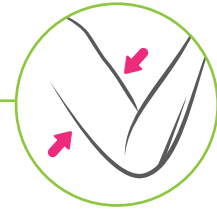
Chest

- For women, this measurement will be taken at the bust line.
- For men, ensure the measuring tape goes through the underarms on both sides.
- Keep the measuring tape parallel to the floor for best results.



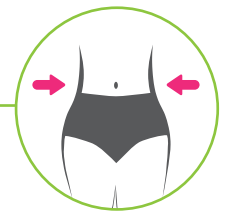
Thighs

- Stand with your feet together.
- Measure the circumference of your thigh at the halfway point between your hip joint and your knee.
- Keep the measuring tape parallel to the floor for best results.



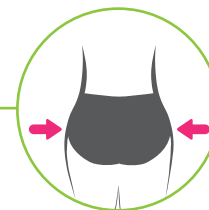
Arms

- Bend your arm at the elbow to form a 90-degree angle.
- Measure the circumference of your arm at the peak of your bicep (halfway between the shoulder and elbow).



Waist

- Measure your waist at belly button.
- Stay relaxed and do not 'suck in' your stomach.
- Keep the measuring tape parallel to the floor for best results.



Buttocks

- Stand with your feet together.
- Take this measurement around the middle of the buttocks, at the halfway point between the hips and thighs.
- Keep the measuring tape parallel to the floor for best results.