

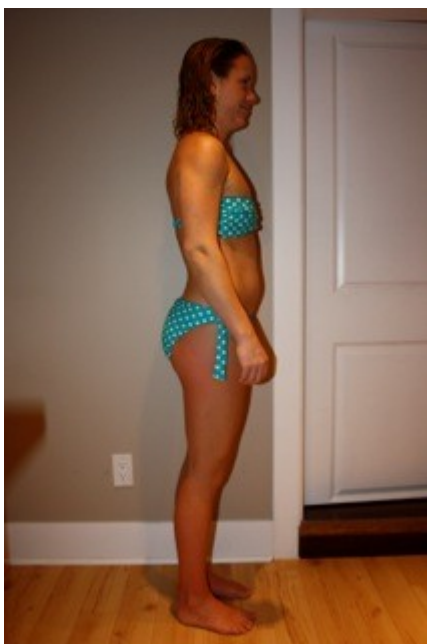
## 12-Week Best Shape Challenge Profile: *Jane Henson*, Victoria, BC Canada



In this photo, we first notice how much Jane has tightened up and leaned out everywhere... over the 12 weeks. In particular notice her abs and legs, the definition and the shape. Her biceps and shoulders are also more etched, more defined.



Notice the new muscle on her biceps, again, and the six pack! Yeah! And her legs now have sexy shape to them! Everything has tightened and her symmetry is fantastic!



First impressions...her butt has lifted and tightened remarkable (squats!) no sag, it's tight and pulled up and in.

Her legs have nice shape, and her hams have great lines! Tummy, shoulders, arms...everything is starting to pop!



With a relaxed pose, you can see just how much improvement she's made...she's got that classic 'X' shape that we all aim for—she had it before, but she's certainly got it now! With low bodyfat, even a relaxed pose shows off her hard-won shape and fresh muscle!



This is truly one of Jane's best body shots- her awesome back and upper shoulder area! Look at that muscle, and how her lower and mid back has tightened...and of course the glutes and hams are all nice and tight as well!

Wanna go compete, Jane??

<b>Before measurements:</b>	<b>After measurements:</b>	(Please note—these pictures were not altered or 'stretched' in any way to benefit the outcome...they are true blue! It's the only way to do this!).
Chest	34"	32"
Belly Button (waist)	31 5"	30"
True waist (smallest)	29"	27.5"
Hips	36"	35"
Mid-thigh	19.5"	18.5"
Bicep (flexed)	12"	12"
Body fat	22%	13.5%
Weight	122	116

What's interesting about Jane's results is that although her weight went down only 6 pounds, her body totally transformed over the 12 weeks. Sometimes this is easier to see on a client who is already fairly low in body weight, as you can see more changes in the musculature. Jane used heavy weights and lower reps (8-12 reps), training 5 days a week while on the Advanced Challenge...and it worked!