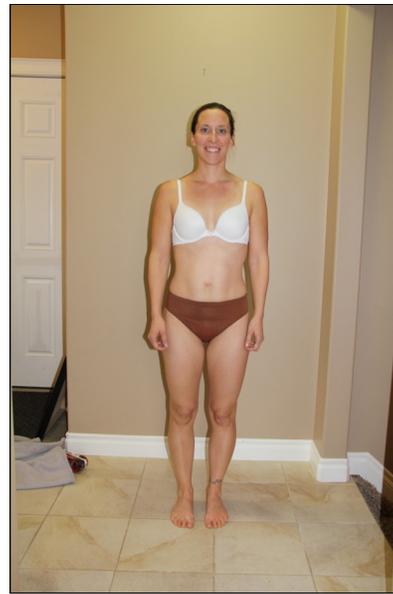
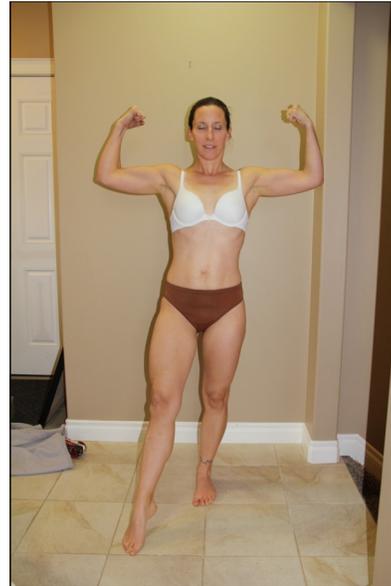


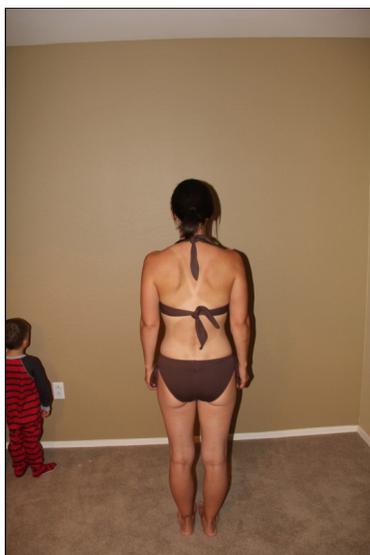
10-Week Best Shape Challenge Profile: *Kristeen Gordon*, Spruce Grove, Alberta, Canada



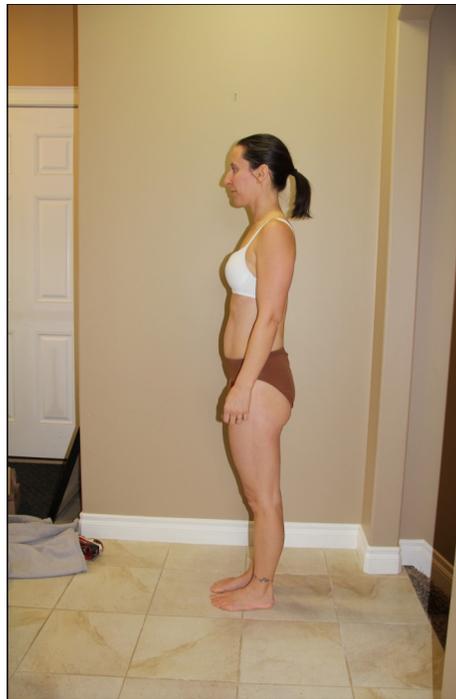
In this photo, we first notice how much Kristeen has tightened up everywhere...her waist has been pulled in, her biceps and shoulders noticeably fuller with more muscle, and her legs have far more shape. (She even stands with more confidence!)



Notice the new muscle on her biceps, creating more shape and fullness. And look at the outer sweep of the quads....full and hard. Many women work years to get that outer 'sweep', as we call it, and she naturally has that going on, accentuated by her squats and leg presses, no doubt. She even stands with her rib cage held higher and her pelvis more pulled in and in line with her back.



First impressions...here butt has lifted up, no sag, it's tight and pulled up and in. Her waist is trim, and you can see new muscle in her lower and outer back...squats and deadlifts, no doubt. Great width to her upper back and shoulders, no doubt due to pull downs and cable rows. Nice work!



The difference here is both physically and posturally...her tummy has gotten smaller and tighter, and she is standing straighter, less 'sway back' which is detrimental in so many ways, so her training has actually improved her posture and strengthened her weak postural muscles...pelvis, rhomboids (upper back) and core.



Again, further testament to a tightening of everything, greater bicep peak, tighter waist, harder and more pronounced back and shoulder muscle, and a tight, firm butt!

	Before measurements:	After measurements:	(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	32"	33"	
Belly Button (waist)	30 1/4"	30"	
True waist (smallest)	27 7/8"	27 1/2"	
Hips	36 1/4"	35"	
Mid-thigh	20 1/4"	21"	
Bicep (flexed)	11 1/2"	11 1/2"	
Body fat	N/A		
Weight	114	114	

What's interesting about Kristeen's results is that although her measurements didn't go down a great deal, and her weight stayed the same..it is obvious that she built lots of shapely muscle, and tightened and lifted everywhere...I would likely say she dropped 3-4% in bodyfat! It would have been nice for her to find a body fat machine...for her, this is where her success in numbers would be seen!