

Before—Sept 2015

12 weeks later—November 2015



Sally B - Ontario

Starting weight, 172.

After 12 weeks, weight is now 151.5 lbs!

Down: 20.5pounds

Down: 5.5% bodyfat

Down: 12" total



Apart from the obvious weight loss, check out the increased tone in the arms, the tighter waist, tighter glutes with less droop, and hips and upper thighs have more shape to them, and yes, tighter again!

She has definition coming out in her triceps and shoulder area (back shot) .



Nice job Sally!

You are truly a Warrior Woman and a proud member of the **Power-UP! Program!**

Power-UP! Coaching Program! with Karen McCoy