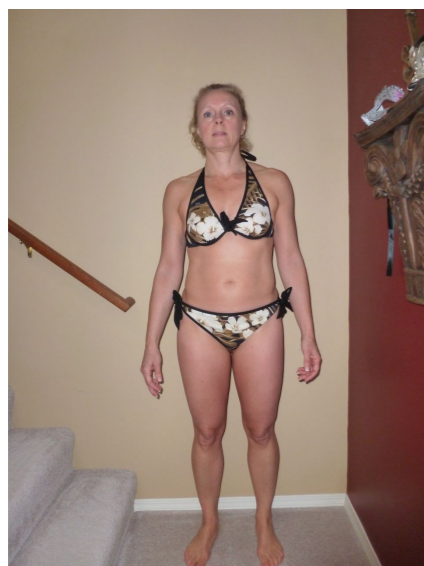
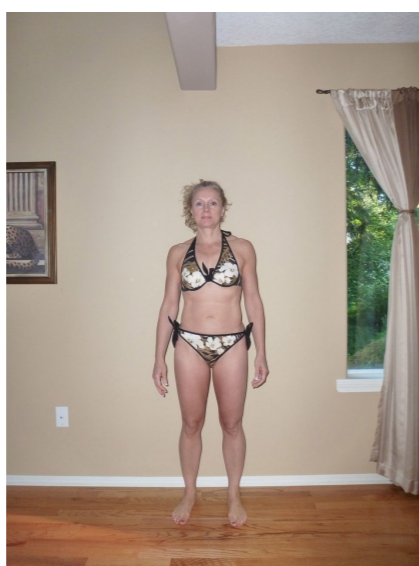


TRANSFORMATION: Dawn Boyle, Sooke, BC Canada

Start of 10-Week Challenge



End of 10-Week Challenge



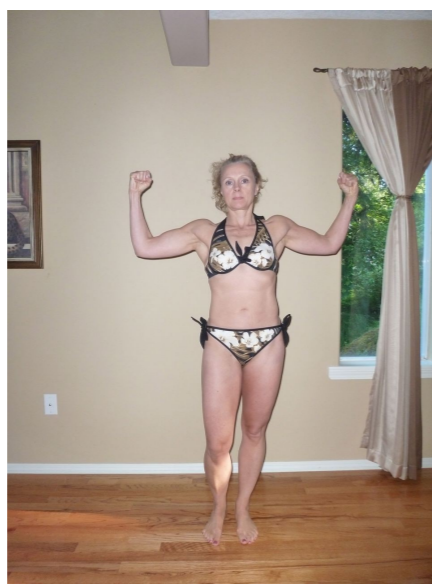
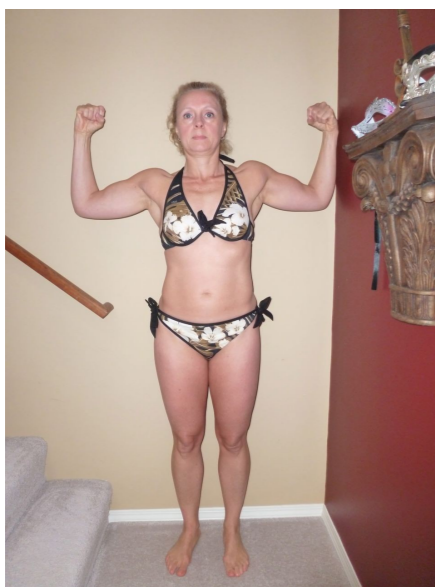
Measurements (before and after) for 10-Week Challenge.

Start:	End	
Chest:	32.5"	31.75"
Waist (belly button):	29.25"	28.25"
True waist (narrow part):	27.75"	26.25"
Hips:	35.25"	34.25"
Mid Thigh:	21"	20.25"
Bicep:	12"	11.25"
Wgt:	131 lbs	124.5
Body fat:	29%	24%

End of Advanced 12-Week Challenge

Measurements at end of Advanced 12-Week Challenge (pics below)

Chest:	31"
Waist (belly button):	27.5"
True waist (narrowest part):	25.75"
Hips:	34"
Mid Thigh:	19.25"
Bicep:	11.25"
Wgt:	118 lbs
Body fat:	21%



What I love about Dawn's transformation is that unlike other before's and after's, which always focus on only weight lost, Dawn didn't have a lot of weight to lose, but this makes it easier to see the new muscle and tone she put on her body. That's why I like to sometimes use smaller models like Dawn to show what we should be focusing on for progress...weight loss, sure, that's a nice benefit, but without proper consistent weight training, you stay loose and shapeless...just a smaller (and often softer) version of your old self.

In looking at the transformation over the 10 Week Challenge (left), you can see how Dawn tightened her legs, how her waist came in, and how her shoulders and upper back got more defined. And she has a noticeable 'ripple' starting to take place in her abs! Nice!

Then she embarked on the 12-Week Advanced Challenge and at the end of it, her pics tell it all (right). Nice leg tightness and outer sweep to her thighs, her shoulders and back pop and you can see fresh muscle on top of her shoulders, and her abs. WOW! Her waist is drawn in even more (which accentuates her v-taper even more! Classy!). Her glutes are more pulled in, and you can see the muscle in her lower back, which not only looks more athletic and healthy, no doubt it will work to strengthen her overall core strength too!

Her measurements tell the whole story—**down 9 inches, 13 pounds and 3% bodyfat**...and this was over a 6 month period. On a smaller frame like Dawn's, without excess amounts of fat, you can see what happens under the surface, at the level of shape, symmetry, tone....and as the fat continues to drop off, the results will come shining through even more, as sexy, curvy, healthy muscle! **Nice going Dawn!**

And the journey continues..... !

