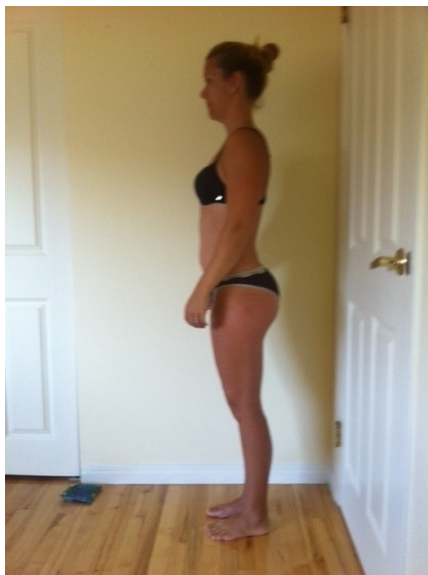
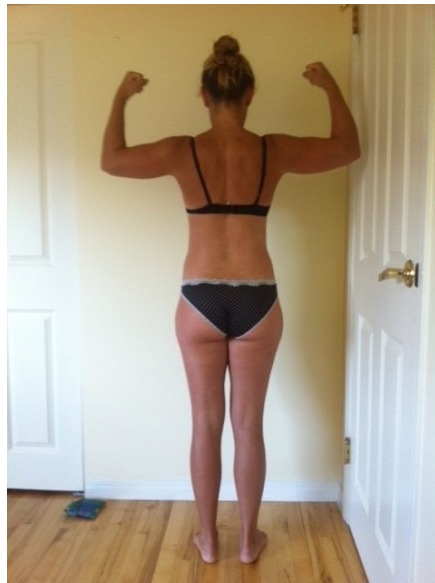


Start: 134 lbs and 23%

12 weeks in...122 lbs



Jane's 5-month Journey

Starting Weight: 134 lbs
Starting Bodyfat: 20% lbs

SHOW Day (November 9th, 2013)

Show Weight: 111 lbs
Show Bodyfat: 11.5 %

TOTAL LOST: 23 lbs, 9% bodyfat.

Jane came to me with a desire to want to do a show. She had been on my online program for months, and had seen some great success, then wanted to take it further! She entered the Figure show in Vancouver, 2013. *This is pre-contest stats.*

Diet: 1400-1700 calories. **5 Meals a day consisting of** protein, fats and carbs at every meal.

Training— 5 days, with cardio 30-45 minutes for last 4 weeks only.

Diet Manipulation: We cycled carbs, kept protein high, and slightly manipulated fats.

Flex meals: weekly!

NO: fat burners, sodium load, artificial sweeteners, androgens or major carb deplete.

Food: Organic whole foods, without hormones, antibiotics or herbicides.

Happily, Jane has maintained her awesome form for 3 years now, and sits comfortably at a metabolically healthy 128 pounds, with added muscle, and a bodyfat of

EVENING SHOW: November 9th, 2013, Sandra Wickham, Figure B category.

START:

20-weeks out (June, 2013)

Starting Weight: 134 lbs

Starting Bodyfat: 20% lbs

SHOW Day (November 9th, 2013)

Show Weight: 111 lbs

Show Bodyfat: 11.5 %

TOTAL LOST: 23 lbs, 9% bodyfat.

Diet: 1400-1700 calories. Sticking point—at 122 lbs.

5 Meals: Protein high, fats, 30-60 grams, carbs 80-120 gms. Water 4-5 liters / day.

Training— 5 days, cardio 6 days increasing to max of 45 minutes. Changed program @ 8 weeks. Changed cardio types as need be.

Diet Manipulation: 3 day mini carb deplete, mini water deplete and load last 48 hours.

Cheat meals: weekly.

NO: fat burners, sodium load, artificial sweeteners, androgens or major carb deplete.

Food: Organic whole foods, without hormones, antibiotics or herbicides.