## MEASUREMENT

		CHEST		
WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
GOALS				
ARM				
WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
WEEK-1	VVEEK-2	WEEK-3	VVEEK-4	WEEK-5
GOALS				
GOALS				
WAIST				
WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
GOALS				
HIP				
VALEETZ 4	WEEK 2		MEEK 4	WEEK E
WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
GOALS				
GOALS				
THIGH				
WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
GOALS				
CALE				
		CALF		
WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
00410				
GOALS				