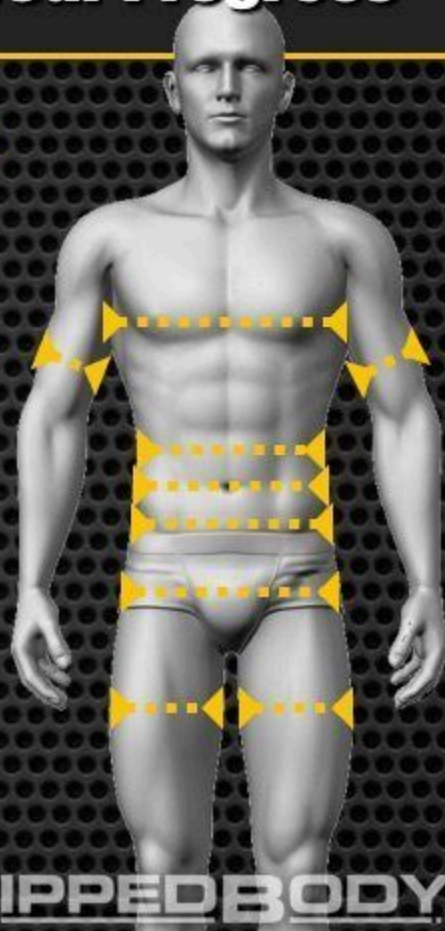


How To Measure Your Progress

9 Key Measurements

1. Chest
2. Right Arm
3. Left Arm
4. 2" Above Navel
5. Navel
6. 2" Below Navel
7. Hips (Widest Point)
8. Right Thigh
9. Left Thigh



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