

I finished all twelve weeks of the workout this time. Hooray for me. The last two weeks were the most difficult and i found i took a lot longer to finish them. Now I feel stronger and can tell a difference in my muscles. I did not make the fat loss goals I had set for myself. I hope to make better strides in that department the next few months. So, I am submitting my photos and my numbers, with little to no change. I still eat more calories than I need. Wish me luck as I attempt once more to shrink my body fat percentage.

Before

Weight 132, shoulders 38.5, Waist 28, Hips 38

After

Weight 130, shoulders 38, Waist 28, Hips 38