

1. Before:	After 8 Weeks	Pease Note:
<p>Bruce Newberry Age: 58 Height: 6'4 Scale: 206 Belly: 35.75 Low Belly/ Love H: 35.5 Pinch at Belly: 10 Pinch at love: 40 Hips: 40 Thigh: 22 BMI: 25 OM.: : 20% 41 lbs.</p>	<p>Bruce Newberry Age: 58 Height: 6'4 Scale: 200 Belly: 35.75 Low Belly/ Love H: 35.5 Pinch at Belly: 10 Pinch at love: 38 Hips: 40 Thigh: 20 BMI: 24 OM.: 17. % 34 lbs.</p>	<ul style="list-style-type: none"> • Scale = body weight in pounds • Belly = girth in inches / belly button was point of reference. • Low/Belly/ Love H = girth in inches & was same as Belly measurement however located approx. 1.5 inches below bellybutton. • Pinch at Belly= Skinfold Caliper test done at bellybutton. • Pinch at Love= Skinfold Caliper test done at love handle. • Hips= girth in inches • Thigh= girth in inches • OM = Body Fat mass as a % and lbs.
2.		
<p>Caitlin Ritchey Age: 52 Height: 5'6 Scale: 151 Belly: 34 Low Belly/ Love H: 36 Pinch at Belly: 25 Pinch at love: 43 Hips: 40 Thigh: 21 BMI: 24 OM.: 30.4% 46 lbs.</p>	<p>Caitlin Ritchey Age: 52 Height: 5'6 Scale: 136 Belly: 32 Low Belly/ Love H: 34.25 Pinch at Belly: 18 Pinch at love: 30 Hips: 38 Thigh: 20 BMI: 22 OM.: : 27. % 36.75 lbs.</p>	
3.		
<p>Candy Newbery Age: 60 Height: 5'7 Scale: 136 Belly: 32.75 Low Belly/ Love H: 36 Pinch at Belly: 28 Pinch at love: 36 Hips: 35.5 Thigh: 19.5 BMI: 21 OM.: 24 % 33 lbs</p>	<p>Candy Newbery Age: 60 Height: 5'7 Scale: 130 Belly: 33 Low Belly/ Love H: 36 Pinch at Belly: 30 Pinch at love: 32 Hips: 35 Thigh: 18 BMI: 20 OM.: 22 % 28.6 lbs.</p>	
4		
<p>Carol Gefis Age: 57 Height: 5'5 Scale: 127 Belly: 29.5 Low Belly/ Love H: 32.25 Pinch at Belly: 20 Pinch at love: 18 Hips: 36.75 Thigh: 18.5 BMI: 21</p>	<p>Carol Gefis Age: 57 Height: 5'5 Scale: 119 Belly: 28 Low Belly/ Love H: 31.25 Pinch at Belly: 14 Pinch at love: 16 Hips: 35 Thigh: 18.5 BMI: 19</p>	

OM:.. 24. % 30.5 lbs.	OM:.. 22.5% 26.75 lbs.	
5.		
Carrie Surich Age: 65 Height: 5'2 Scale: 124 Belly: 33.5 Low Belly/ Love H: 34.5 Pinch at Belly: 28 Pinch at love: 48 Hips: 38 Thigh: 20.5 BMI: 22 OM:.. 32% 39.7 lbs	Carrie Surich Age: 65 Height: 5'2 Scale: 115.5 Belly: 32 Low Belly/ Love H: 34 Pinch at Belly: 12 Pinch at love: 24 Hips: 37.5 Thigh: 19 BMI: 21 OM:.. 30 % 34.65 lbs.	
6.		
Jeanne Franco Age: 55 Height: 5'9 Scale: 149 Belly: 31.5 Low Belly/ Love H: 36.25 Pinch at Belly: 38 Pinch at love: 36 Hips: 39.25 Thigh: 22 BMI: 22 OM:..29% 43.21	Jeanne Franco Age: 55 Height: 5'9 Scale: 132 Belly: 28 Low Belly/ Love H: 32 Pinch at Belly: 12 Pinch at love: 24 Hips: 37.5 Thigh: 19 BMI: 19 OM:..24% 31.68	
7		
Laura Muniz Age: 34 Height: 5'9 Scale: 177 Belly: 36 Low Belly/ Love H: 39 Pinch at Belly: 20 Pinch at love: 50 Hips: 46.5 Thigh: 24.5 BMI: 26/27 OM:..29.5% 52 Lbs	Laura Muniz Age: 34 Height: 5'9 Scale: 167 Belly: 35.5 Low Belly/ Love H: 38.5 Pinch at Belly: 20 Pinch at love: 44 Hips: 46 Thigh: 22.5 BMI: 24 OM:.. 27% 45 Lbs	
8		
Liz Ostic Age: 64 Height: 4'10 Scale: 110 Belly: 31 Low Belly/ Love H: 32 Pinch at Belly: 18 Pinch at love: 28 Hips: 36.5 Thigh: 19.25 BMI: 23 OM:.. 33 % 36.3 lbs	Liz Ostic Age: 64 Height: 4'10 Scale: 105 Belly: 29 Low Belly/ Love H: 31.5 Pinch at Belly: 16 Pinch at love: 24 Hips: 35 Thigh: 19 BMI: 22 OM:.. 32 % 33.5 lbs	
9		
Sarah Oliver	Sarah Oliver	

Age: 37 Height: 5'2 Scale: 117 Belly: 32 Low Belly/ Love H: 34 Pinch at Belly: 16 Pinch at love: 40 Hips: 37.25 Thigh: 18 BMI: 21/22 OM: .23% 27 Lbs	Age: 37 Height: 5'2 Scale: 108.5 Belly: 30.25 Low Belly/ Love H: 32 Pinch at Belly: 10 Pinch at love: 34 Hips: 36 Thigh: 19 BMI: 19 OM: .21.5% 23 lbs	
10		
Lori Veltri Age: 57 Height: 5'5 Scale: 138 Belly: 30.5 Low Belly/ Love H: 32.5 Pinch at Belly: 16 Pinch at love: 26 Hips: 38.5 Thigh: 20.5 BMI: 23 OM: .25% 34,5 lbs	Lori Veltri Age: 57 Height: 5'5 Scale: 138 Belly: 30 Low Belly/ Love H: 32.25 Pinch at Belly: 18 Pinch at love: 12 Hips: 38.5 Thigh: 20.5 BMI: 23 OM: 24% 33 lbs	
11		
Mark Podolak Age: 59 Height: 5'6 Scale: 175 Belly: 37.5 Low Belly/ Love H: 39 Pinch at Belly: 20 Pinch at love: 50 Hips: 39.5 Thigh: 23 BMI: 28 OM: 36.8% 61.25 lbs	Mark Podolak Age: 59 Height: 5'6 Scale: 168 Belly: 36 Low Belly/ Love H: 36.25 Pinch at Belly: 19 Pinch at love: 48 Hips: 39.5 Thigh: 22.5 BMI: 27 OM: 34% 57lbs	
12		
Michelle Figueras Age: 35 Height: 5'2 Scale: 125 Belly: 34 Low Belly/ Love H: 35 Pinch at Belly: 30 Pinch at love: 47 Hips: 40 Thigh: 19 BMI: 23 OM: .28% 35 lbs	Michelle Figueras Age: 35 Height: 5'2 Scale: 115 Belly: 32.25 Low Belly/ Love H: 33.25 Pinch at Belly: 28 Pinch at love: 36 Hips: 35.5 Thigh: 18 BMI: 21 OM: .25% 28.75 lbs	
13		
Ray Armstrong Age: 54 Height: 5'9 Scale: 189.5 Belly: 39.75	Ray Armstrong Age: 54 Height: 5'9 Scale: 179.5 Belly: 38.25	

<p>Low Belly/ Love H: 39.25 Pinch at Belly: 24 Pinch at love: 70 Hips: 42.5 Thigh: 22 BMI: 27 OM: .29.59 % 56 lbs</p>	<p>Low Belly/ Love H: 38.75 Pinch at Belly: 12 Pinch at love: 34 Hips: 35 Thigh: 19.25 BMI: 26 OM: .28% 50 lbs</p>	
14		
<p>Rebecca McClure Age: 45 Height: 5'4 Scale: 117 Belly: 31.5 Low Belly/ Love H: 31.75 Pinch at Belly: 14 Pinch at love: 40 Hips: 35.5 Thigh: BMI: 20 OM: .24% 28 lbs</p>	<p>Rebecca McClure Age: 45 Height: 5'4 Scale: 113 Belly: 30.25 Low Belly/ Love H: 31 Pinch at Belly: 12 Pinch at love: 34 Hips: 35 Thigh: 19.25 BMI: 19 OM: .22% 25 lbs</p>	
15		
<p>Sandra Prentis Age: 56 Height: 5'7 Scale: 137 Belly: 32 Low Belly/ Love H: 34 Pinch at Belly: 32 Pinch at love: 46 Hips: 38 Thigh: 20.5 BMI: 21 OM: 27% 34. lbs</p>	<p>Sandra Prentis Age: 56 Height: 5'7 Scale: 126.5 Belly: 31 Low Belly/ Love H: 32.5 Pinch at Belly: 30 Pinch at love: 38 Hips: 36.5 Thigh: 20 BMI: 20 OM: . 22.5 % 28.5 lbs</p>	6/2
16		
<p>Shelby Dolan Age: 25 Height: 5'2 Scale: 140 Belly: 34.25 Low Belly/ Love H: 36.25 Pinch at Belly: 32 Pinch at love: 50 Hips: 39 Thigh: 21 BMI: 26 OM: 29% 40.5 lbs</p>	<p>Shelby Dolan Age: 25 Height: 5'2 Scale: 133 Belly: 33 Low Belly/ Love H: 35 Pinch at Belly: 28 Pinch at love: 32 Hips: 38 Thigh: 20.75 BMI: 24 OM: .26% 34.5 lbs</p>	5/26
17		
<p>Susan Podolak Age: 53 Height: 5'6 Scale: 141 Belly: 33 Low Belly/ Love H: 36 Pinch at Belly: 26 Pinch at love: 44</p>	<p>Susann Podolak Age: 53 Height: 5'6 Scale: 142 Belly: 32.5 Low Belly/ Love H: 35 Pinch at Belly: 24 Pinch at love: 44</p>	5/25

Hips: 37.75 Thigh: 21.5 BMI: 23 OM: .29% 41 lbs	Hips: 37.25 Thigh: 20 BMI: 23 OM: .28.5% 40.5 lbs	
18		
Tami Lowery Age: 39 Height: 5'3 Scale: 133 Belly: 30.5 Low Belly/ Love H: 33 Pinch at Belly: 6 Pinch at love: 46 Hips: 39 Thigh: 21.5 BMI: 23 OM: . 26.9% 35.5 lbs	Tami Lowery Age: 39 Height: 5'3 Scale: 123 Belly: 29.25 Low Belly/ Love H: 31.5 Pinch at Belly: 6 Pinch at love: 30 Hips: 38 Thigh: 20 BMI: 21 OM: . 25.80% 31.5 lbs.	5/27
19		
Tess Franzen Age: 48 Height: 5'4 Scale: 128 Belly: 32 Low Belly/ Love H: 33 Pinch at Belly: 28 Pinch at love: 36 Hips: 39 Thigh: 20.75 BMI: 21 OM: . 28.4 % 36.5 lbs.	Tess Franzen Age: 48 Height: 5'4 Scale: 126 Belly: 31.25 Low Belly/ Love H: 33 Pinch at Belly: 26 Pinch at love: 30 Hips: 38.75 Thigh: 20 BMI: 21 OM: . 28.4 % 36 lbs.	5/26
20		
Violeta Rotz Age: 63 Height: 5'1 Scale: 121 Belly: 33 Low Belly/ Love H: 34.25 Pinch at Belly: 20 Pinch at love: 38 Hips: 34.5 Thigh: 19 BMI: 23 OM: .27% 32.5 lbs	Violeta Rotz Age: 63 Height: 5'1 Scale: 112.5 Belly: 32 Low Belly/ Love H: 32.75 Pinch at Belly: 22 Pinch at love: 32 Hips: 34.5 Thigh: 19 BMI: 21 OM: . 23% 25.9 lbs	
Gloria Thibodeaux Age: 60 Height: 5'0 Scale: 140 Belly: 32 Low Belly/ Love H: 33 Pinch at Belly: 26 Pinch at love: 36 Hips: 37.5 Thigh: BMI: 27 OM: .38% 53 lbs	Gloria Thilbodeaux Age: 61 Height: 5 Scale: 126 Belly: 31 Low Belly/ Love H: Pinch at Belly: 22 Pinch at love: 34 Hips: 35.75 Thigh: 20.5 BMI: 24 OM: .34.3% 43lbs	
22		

<p>Nicole Bagdanove Age: 34 Height: 5'7 Scale: 155 Belly: 34.75 Low Belly/ Love H: 38.5 Pinch at Belly: 36 Pinch at love: 64 Hips: 40 Thigh: 22 BMI: 24 OM: 27.9% 43Lbs</p>	<p>Nicole Bagdanove Age: 34 Height: 5'7 Scale: 155.5 Belly: 36.4 Low Belly/ Love H: 37.5 Pinch at Belly: 30 Pinch at love: 52 Hips: 39.75 Thigh: 21 BMI: 24 OM: 24.8% 38.5 lbs</p>	
23		
<p>Leticia Garcia Age: 41 Height: 5.2 Scale: 136 Belly: 29.5 Low Belly/ Love H: 33 Pinch at Belly: 26 Pinch at love: 64 Hips: 40 Thigh: 21 BMI: 25 OM: 31% 42 lbs</p>	<p>Leticia Garcia Age: 41 Height: 5'2 Scale: 131 Belly: 30 Low Belly/ Love H: 33 Pinch at Belly: 30 Pinch at love: 44 Hips: 37 Thigh: 21 BMI: 24 OM: 29.4% 38.5 lbs</p>	
<p>Esmeralda Garcia Age: 39 Height: 4.11 Scale: 124 Belly: 32.75 Low Belly/ Love H: 35 Pinch at Belly: 20 Pinch at love: 48 Hips: 37.25 Thigh: 19.25 BMI: 25 OM: 31.4% 39 Lbs</p>	<p>Esmeralda Garcia Age: 39 Height: 4.11 Scale: 124 Belly: 32.75 Low Belly/ Love H: 35 Pinch at Belly: 20 Pinch at love: 48 Hips: 37.25 Thigh: 19.25 BMI: 25 OM: 31.4% 39 Lbs</p>	
<p>Colleen Savage Age: 50 Height: 5'6 Scale: 161.2 Belly: 38.5 Low Belly/ Love H: 40.25 Pinch at Belly: 30 Pinch at love: 60 Hips: 43 Thigh: 23.75 BMI: 26 OM: 35.9% 58 lbs</p>	<p>Colleen Savage Age: 50 Height: 5'6 Scale: 159 Belly: 36 Low Belly/ Love H: 38 Pinch at Belly: 24 Pinch at love: 40 Hips: 41.5 Thigh: 22.5 BMI: 25 OM: 34.9% 55.5lbs</p>	
<p>Sandy Heiliger Age: 64 Height: 5'7 Scale: 148 Belly: 35 Low Belly/ Love H: 36 Pinch at Belly: 26</p>	<p>Sandy Heiliger Age: 64 Height: 57 Scale: 133 Belly: 31.5 Low Belly/ Love H: 22.75 Pinch at Belly: 22</p>	

Pinch at love: 54 Hips: 39 Thigh: BMI: 23 OM: 34% 50 lbs	Pinch at love: 42 Hips: 36.5 Thigh: 19 BMI: 20 OM: 30.1% 40 lbs	
DROP OUTS	DROP OUTS	DROP OUTS
Anne Belmonte Age: 49 Height: 5' 5 Scale: 154 Belly: 32.5 Low Belly/ Love H: 34.25 Pinch at Belly: 22 Pinch at love: 50 Hips: 42.75 Thigh: 22 BMI: 26 OM:.	Anne Belmonte DROP OUT Age: Height: Scale: Belly: Low Belly/ Love H: Pinch at Belly: Pinch at love: Hips: Thigh: BMI: OM:.	
Stephanie Egli Age: Height: Scale: Belly: Low Belly/ Love H: Pinch at Belly: Pinch at love: Hips: Thigh: BMI: OM:.	Stephanie Egli DROP Age: Height: Scale: Belly: Low Belly/ Love H: Pinch at Belly: Pinch at love: Hips: Thigh: BMI: OM:.	
Jim Weise Age: 55 Height: 6'4 Scale: 236 Belly: 41.25 Low Belly/ Love H: Pinch at Belly: Pinch at love: Hips: 44 Thigh: 24.25 BMI: OM: 24.5% 57.5 lbs	Jim Weise Age: Height: Scale: Belly: Low Belly/ Love H: Pinch at Belly: Pinch at love: Hips: Thigh: BMI: OM:.	<i>DROP OUT</i>
Sherry Domerego Age: 69 Height: 5'5 Scale: 167 Belly: 40 Low Belly/ Love H: 42 Pinch at Belly: 38 Pinch at love: 46 Hips: 43 Thigh: 23 BMI: OM:.	Sherry Domerego DROP Age: Height: Scale: Belly: Low Belly/ Love H: Pinch at Belly: Pinch at love: Hips: Thigh: BMI: OM:.	
	DROP	

<p>CHERYL LOPEZ Age: 64 Height: 5'2 Scale: 128 Belly: 33 Low Belly/ Love H: 35 Pinch at Belly: 30 Pinch at love: 41 Hips: 40 Thigh: 20 BMI: OM: 35.4% 45 lbs.</p>		
<p>DEBORAH SCHUSTER Age: 60 Height: 5'5 Scale: 182 Belly: 42 Low Belly/ Love H: 44.75 Pinch at Belly: 38 Pinch at love: 50 Hips: 44.5 Thigh: 22 1/4 BMI: OM: 41.8% 76 lbs.</p>	DROP	
<p>ELAINE LOMBARDI Age: 50 Height: 5'2 Scale: 103 Belly: 29.25 Low Belly/ Love H: 31.5 Pinch at Belly: 26 Pinch at love: 32 Hips: 33.5 Thigh: 18 BMI: OM: 24.1% 25 lbs.</p>	DROP	
<p>GIL LOPEZ Age: 66 Height: 5'7 Scale: 198 Belly: 47 ¾ Low Belly/ Love H: 49.75 Pinch at Belly: 48 Pinch at love: 52 Hips: 41 Thigh: 20 1/4 BMI: OM: 33.0% 65 ½ lbs.</p>	DROP	
<p>LAURA ARELLANEZ Age: 41 Height: 5'2 Scale: 143.75 Belly: 34 ¼ Low Belly/ Love H: 31.5 Pinch at Belly: 26 Pinch at love: 32 Hips: 38.25</p>	DROP	

Thigh: 20.25 BMI: OM: 33.9% 48 lbs.		
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