

Measurements and Weight - Past & Present

Date	8/31/11	10/19/11	1/14/13	3/14/13	4/26/14
Age	32	32	33	33	34
Weight	139	139.75	145	137	160
Height	5'1"	5'1"	5'1"	5'1"	5'1"
Tricep	23"	21"			
Quad	27.5"	25"			
Iliac	24.5"	22"			
Neck	11.75"	12'			
Chest	37.5"	38"			40"
Arm above Elbow	11.75"	11.5"	12.25"	11.875"	
Waist	30.25"	30.25"			33.75"
Navel	36.5"	34.75"	36.875"	33.75"	39.25"
Hips	39.5"	39.5"	40.25"	38.25"	42.875"
Thigh	22.75"	22.25"	23"	22.75"	24.75"
Body Fat %	28.9%	27.1%			37%
lbs of Fat	40.17	37.87			59.44
Lean Mass	98.83	101.88			100.56

Push Ups			30	101	46
Sit Ups			21	27	13
Sit N Reach			22.5	24.25	23.25
Planks			1:57	4:15	0:47
Lunges L/R			35/25	40/40	
TRX Rows			20	60	
Circuit					3:49
V02 test					41.3