

Quick and easy ways to monitor your progress

Plank (Core): Begin in the plank position with your forearms and toes on the floor. Your bodyweight should be forward over the arms. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending. Your head is relaxed and you should be looking at the floor. Hold this position until failure. Breathe throughout. Record your time in seconds.

Wall Sit (Quadriceps, Hamstrings, and Glutes): You know you're doing it right if you form a right angle at your hips and your knees, your back is flat against the wall, and your heels are on the ground. Start with your back against a wall with your feet shoulder width and about two feet from the wall. Slowly slide your back down the wall until your thighs are parallel to the ground. Adjust your feet if you need to so that your knees are directly above your ankles (rather than over your toes). Keep your back flat against the wall. You should feel a burning sensation in the quads, but if you have pain in the knee or kneecap, stop the exercise. Again work until failure. Record your time in seconds.

Press Up's (Chest, Triceps, and Shoulders): Begin in a push up position on hands and toes with hands shoulder-width apart and elbows fully extended (not locked). While keeping a straight line from the toes, to hips, and to the shoulders, lower your upper body so your elbows bend to 90 degrees. Push back up to the start position. That is one rep. Continue with this form and complete as many repetitions as possible without breaking form. Work until failure. Record the total number of full push-ups completed.

	<i>Week 1</i>	<i>Week 5</i>	<i>Week 9</i>	<i>Week 13</i>
<i>Plank</i>				
<i>Roman Chair</i>				
<i>Press Up's</i>				

- **Bust:** Measure around the chest right at the nipple line, but don't pull the tape too tight.
- **Chest:** Measure just under your bust
- **Waist:** Measure a half-inch above your belly button or at the smallest part of your waist
- **Hips:** Place tape measure around the biggest part of your hips
- **Thighs:** Measure around the biggest part of each thigh
- **Calves:** Measure around the largest part of each calf
- **Upper arm:** Measure around the largest part of each arm above the elbow
- **Forearm:** Measure around the largest part of the arm below the elbow.

	<i>Week 1</i>	<i>Week 5</i>	<i>Week 9</i>	<i>Week 13</i>
<i>Bust (cm)</i>				
<i>Chest (cm)</i>				
<i>Waist (cm)</i>				
<i>Hips (cm)</i>				
<i>Thighs (cm)</i>				
<i>Calves (cm)</i>				
<i>Upper Arm (cm)</i>				

**This is suggestive only and has to be used as a guide. Please remember to warm up before carrying out any exercise programme. Keep the conditions consistent each time to give a true reflection of test results. I.e: carry out each exercise and measurements on the same day of every 4th week, at the same time of that day. Ex: Every 4th Monday prior to eating breakfast.*