

28 Day Paleo Challenge

Please take your measurements and pictures and post in the group or if you don't want to do this please email them to us directly scott@crossfitcambridge.co.uk

- Chest (Nipple line)
- Waist (Belly button line)
- Bum (Widest part, for men make sure you move the little man out of the way lol)
- Both Thighs (Biggest part when relaxed)
- Arms (Biggest Part when relaxed)

Once completed add all of the measurements together for your total in centimetres

Site Of Measurements	Circumference (CM)	
Chest		
Waist		
Bum		
Thighs	Left =	Right =
Arms	Left =	Right =
(Add all the measurements together) Total (CM) =		
Weight =	St/Kg/Lbs (the final measurement of weight you need is LBS, 1Stone=14Lbs, 1Kg=2.2Lbs)	

Pictures must also be taken, they are the best way to see those amazing results you're going to achieve, and everyone is always so happy that they did this at the end. (they are a great visual aid)

Make sure you wear the correct clothing so the pictures work as they should.

Men:

- Small shorts only

Women:

- Bikini top or vest rolled up so the midsection is visible
- Bikini bottoms or small shorts so the upper thighs are visible.

Picture angles you need:

- Front view
- Side view
- Back view