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## Day 1 and Day 30 pics

Posted by Val - 2008/07/16 02:10

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Ok, so they aren't really day 30 pics. More like day 45 or so compared to when I started. I added an extra 10 days or so in Phase 1 because of schedule issues, but oh well. Left side is day 1, right side is (to describe it even more differently) right after Kenpo of Phase 2 Week 1.

Also, I guess I didn't do all the proper poses on day one, but these are the best matches I was able to come up with. Also also, I think it's kind of impossible to not look like a dork in these photos, but oh well--we're not going for glamour shots, right?! :P

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## Re:Day 1 and Day 30 pics

Posted by Val - 2008/07/16 02:13

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First photo--forward facing, no flexing. <http://www.weightloss-hq.biz/images/fbfiles/images/Combo2.JPG>

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## Re:Day 1 and Day 30 pics

Posted by Val - 2008/07/16 02:13

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Next is sideways, no flex.  
<http://www.weightloss-hq.biz/images/fbfiles/images/Combo4.JPG>

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## Re:Day 1 and Day 30 pics

Posted by Val - 2008/07/16 02:15

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And forward facing, flexed with arms down: <http://www.weightloss-hq.biz/images/fbfiles/images/Combo3.JPG>

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## Re:Day 1 and Day 30 pics

Posted by Val - 2008/07/16 02:16

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And forward facing, arms staggered: <http://www.weightloss-hq.biz/images/fbfiles/images/Combo1-8321239a842686750e3fbf8687a59957.JPG>

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## Re:Day 1 and Day 30 pics

Posted by jon b - 2008/07/16 07:29

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Looking good Val! See changes in mid section and your arms, shoulders and chest are definitely tighter and more muscular. Nice work! Keep it up!

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## Re:Day 1 and Day 30 pics

Posted by Les - 2008/07/17 10:02

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Good job Val, the changes are noticeable I hope that keeps you motivated. In Phase 2 routines should help you even more with your Chest and shoulders, just be more intense and if possible up your weights.

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Sparta Bound!

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**Re:Day 1 and Day 30 pics**

Posted by dhies - 2008/07/17 23:56

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Awesome! Changes are noticeable, especially around the midsection and arms.

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**Re:Day 1 and Day 30 pics**

Posted by Dave225 - 2008/07/18 19:13

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You are on your way dude, keep hitting it hard!!

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