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## My day 32 pics

Posted by Chadwick - 2008/05/16 11:36

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I missed about a week there when I was supposed to start the recovery week because I was moving all that week and didn't have the time to do it, so I did the recovery week the week after the move. So here we go. Today is the official day 32 and I took these this morning before getting ready for work. Let me know what you think. (I'm dark in the first ones cause I just got back from Vegas :woohoo: )

(day 1 is on the right, just in case you couldn't tell ;) )

<http://img261.imageshack.us/img261/9471/01uv4.jpg>

<http://img261.imageshack.us/img261/7766/02ul2.jpg>

<http://img59.imageshack.us/img59/9146/03wd7.jpg>

<http://img135.imageshack.us/img135/4872/04wh6.jpg>

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## Re:My day 32 pics

Posted by Chadwick - 2008/05/16 11:51

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BTW, I was 215ish lbs. starting this and now I'm @ 201 as of yesterday morning.

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## Re:My day 32 pics

Posted by chub\*rock - 2008/05/16 12:34

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Looks good! You can see some great results in just 30 odd days! Keep up the good workB) peace...

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## Re:My day 32 pics

Posted by Les - 2008/05/16 18:08

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Phase I is in the bag now we go for endurance.

Good job man, it's always better when you see results as you have.  
keep it up

Sparta bound.

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