Taking Your Booty Camp Before Pictures

As much as you might hate the thought of getting your picture taken, this is one of the best ways to get yourself motivated and to track your progress throughout BootyCamp.

I advise taking a photo before you get started and then one at the end of the program. If you want you may also take a photo once a week, although usually it takes 3-4 weeks for noticeable changes to occur.
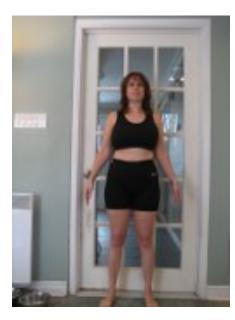
And these "before" photos can be a huge wake-up call!
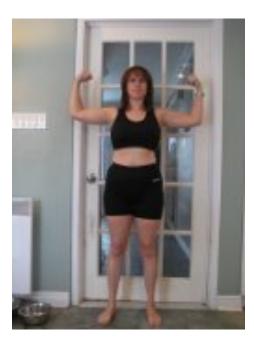
Before You Get Started

- Wear a sports bra and shorts or a bikini. You want to be able to see your waist, belly, thighs.
- Take the photo in portrait mode instead of landscape. You'll want to see yourself from head to toes, close enough to see some details.
- If you can get someone to take the shots, great! If not, use a timer — and a tripod, if you have one. 10 seconds is just enough time to get into place.
- Look straight ahead, and smile if you want. But don't cheat by sucking in your tummy!
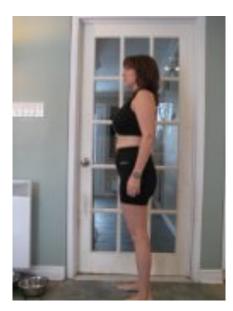
What Shots to Take

Below are some great guidelines by Suzanne Hisock for good shots to take. You can take all different kinds of poses, but get at least a front, side and back shot.
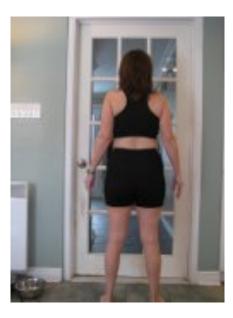
Front View: Stand up straight with your feed hip-width apart. Arms are at your side but floating off your hips a bit — so you can see the shape and width of your hips.
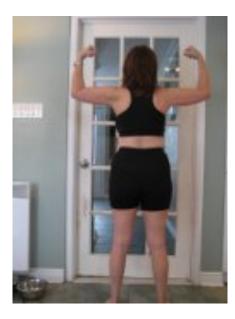

Front View w/ Pose: Same as above but flex your biceps in a classic weight trainer's pose.

Side View: Stand up straight (sensing a pattern here? No slouching!), arms hanging down at your side. Make sure your hands are in the middle of your thigh. You don't want your hand blocking the outline of your thighs or butt.

Back View: Pretty much the same as front view, but with your back to the camera. (Thank you, Miss Obvious!) Smiling is optional!

Back View w/ Pose: Same as front view with pose. You want to see your upper back definition here.

After the PhotoShoot

Upload the photos to your computer and place them in a folder marked with the date. A system like this: Weight Loss/Pictures/ and then have individual folders named by date is good. If you don't track your measurements anywhere else, create a document listing the date, weight and your measurements.

When you take your after pictures do so in the same spot and under the same circumstances, wearing the same clothes, if possible.

If you'd like some extra motivation then stick your photos up on our private members page and if we have a before and after contest that you are entering then please send your before photos to jane@bootycamp.ie.

Now get snapping! :)