Booty CAMP
FITNESS FOR WOMEN

MEASUREMENTS

MEASUREMENT CHART
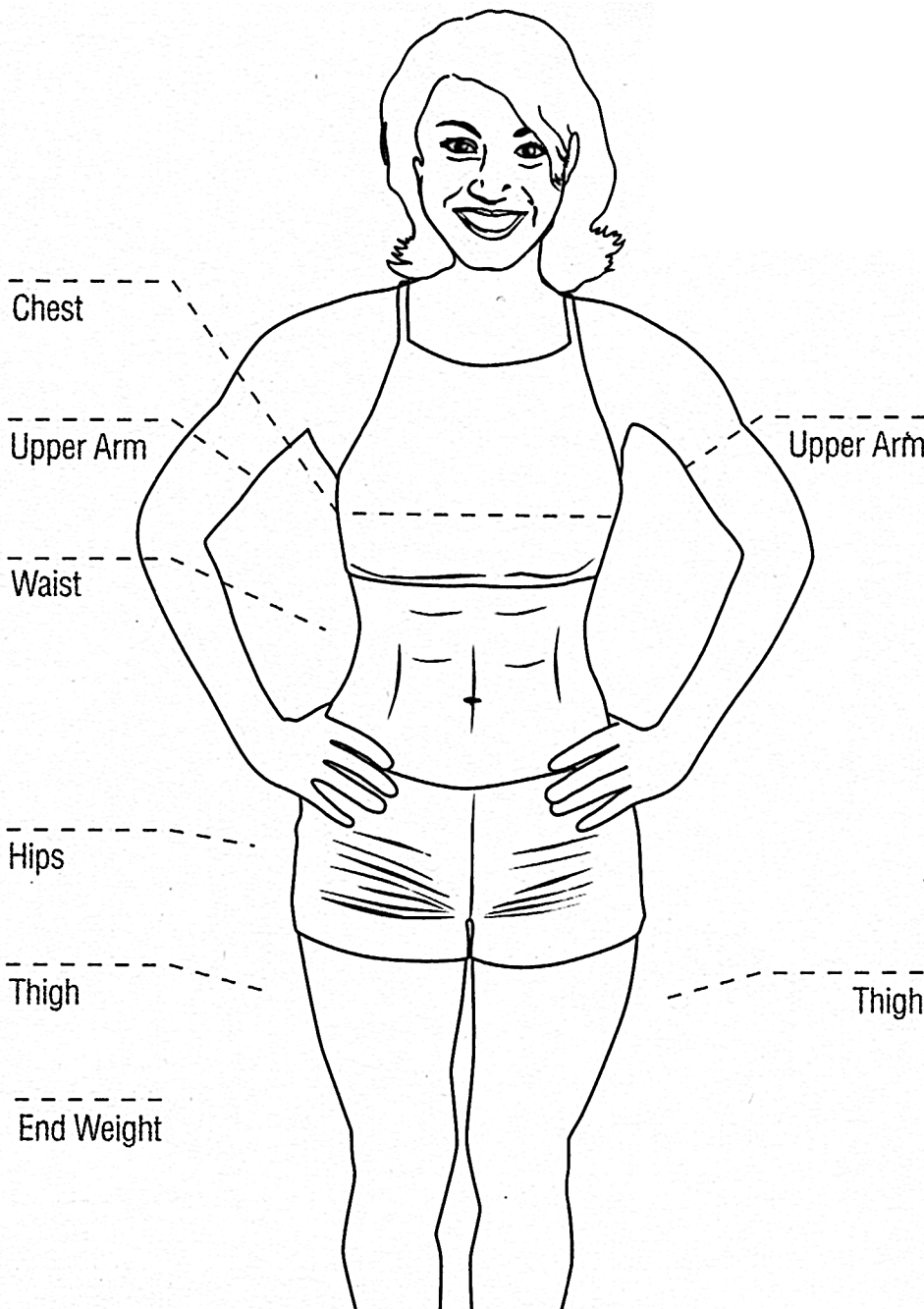
Chest

Upper Arm

Waist

Hips

Thigh

End Weight

Upper Arm

Thigh

Date

Chest

Right arm*

Left arm*

Waist

Hips

Right Thigh**

Left Thigh**

Weight

* Flexed, measured at peak of biceps
** Measured at widest point