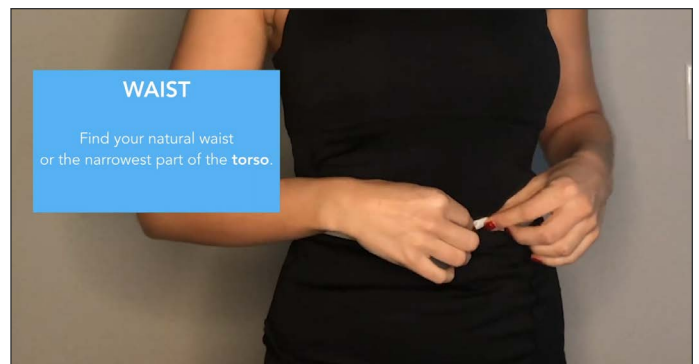
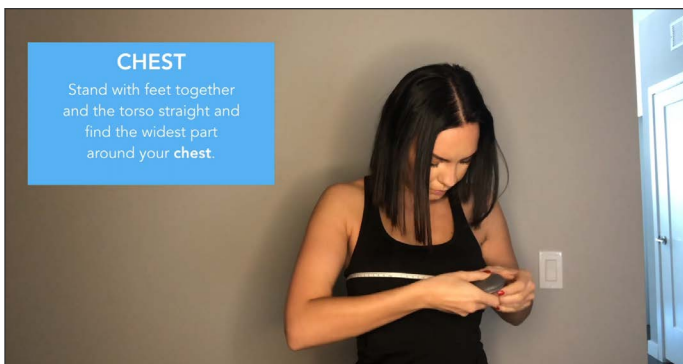
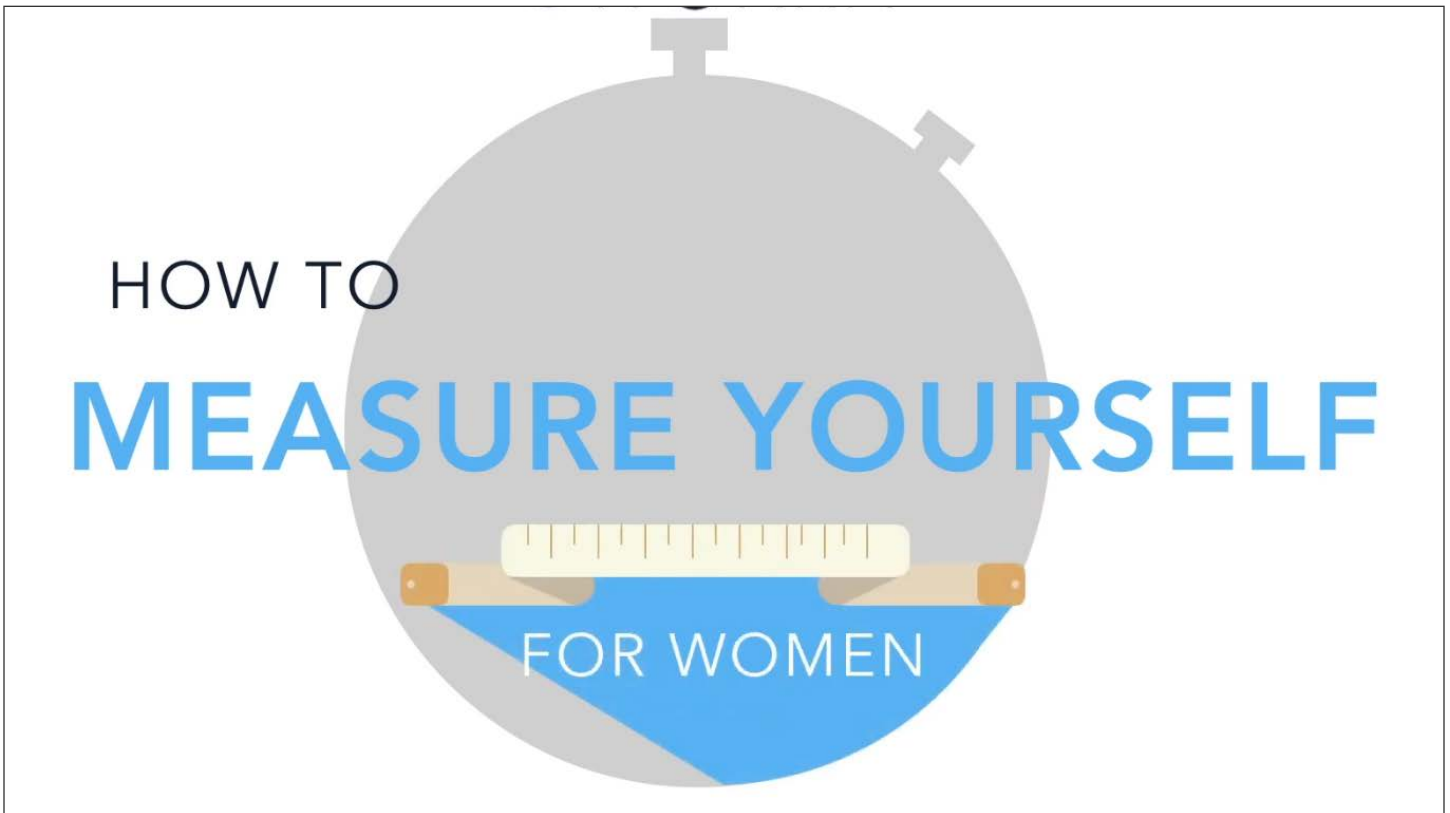
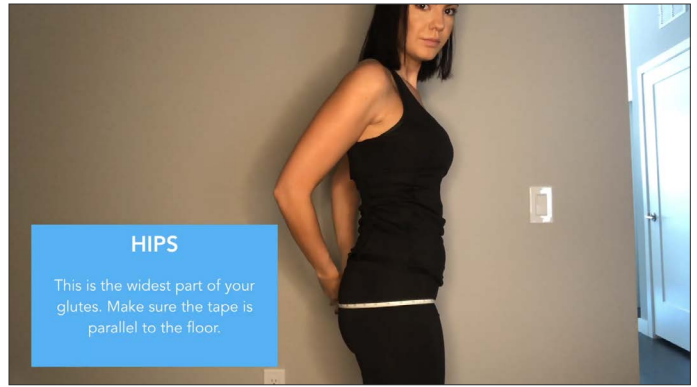


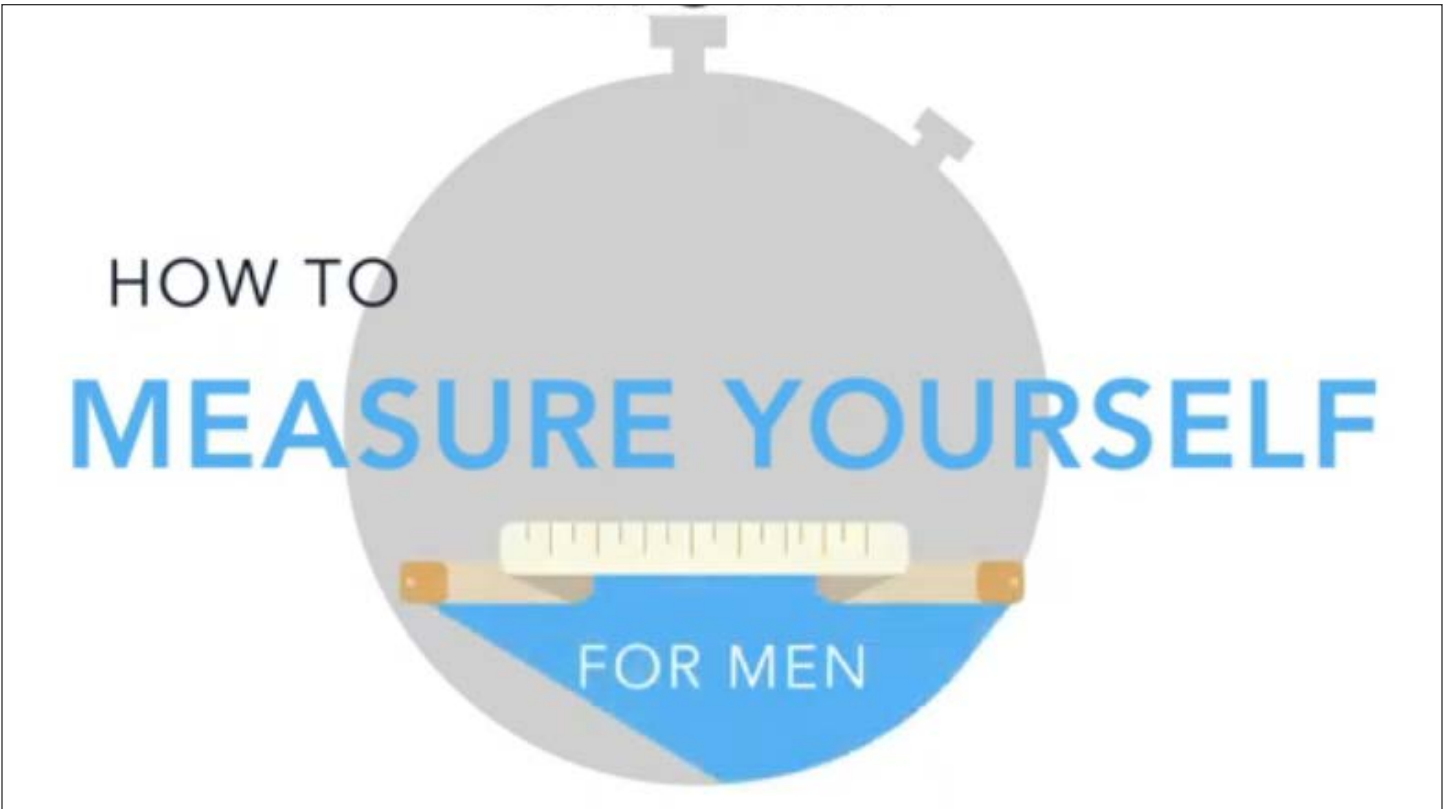
# HOW TO TAKE BODY MEASUREMENTS!

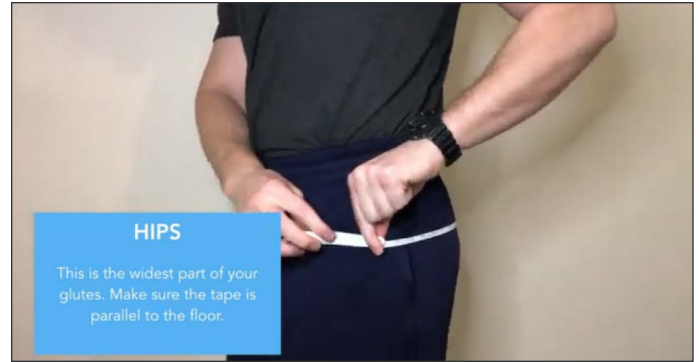
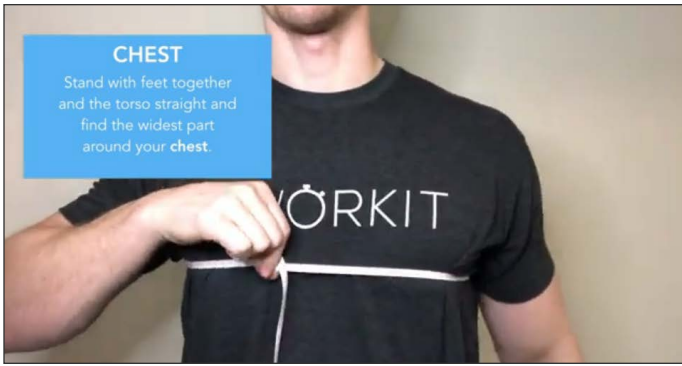
For Women: <https://youtu.be/Rz2mpJOi8Y0>





For Men: <https://youtu.be/S7Mo4LIHh38>





Measuring Tape: <https://a.co/d/6drk14s>

