

A friends accountability group: Weekly goal setting, accountability, chatting, bitching and occasional whines welcome. Life and our goals aren't limited to our weight.

Ok, this is going to sound weird but humor me. I had my fiance get the 30 day shred for me, I took my measurements and off I was. I joined some forums about it. I was a bit confused in the forums ...

Activity Not much happening here, yet. Activity Discussions 2 Replies 4

Love the measurements, especially how (in Premium) you can define your own. However, having only one decimal place is leaving potential "motivation power" on the table! Some measurements change ...

If you don't know how to measure calf size, use this step-by-step guide to find your measurement and shop shoes with confidence. Your calf is a ...

Discover the average calf size for males and females and learn how to take an accurate calf circumference measurement.

Follow this simple guide to find your calf circumference and height, choose the shaft sizes that fit them and order your made to measure wide calf or narrow calf boots.

Understanding your calf size is essential for various health assessments, including sarcopenia screening. This guide will walk you through how to measure calf size ...

Day 6 of level 2 (day 16 overall) Took my progress measurements this morning and I am amazed to see the difference! I saw decreases in neck, bust, chest, waist, hips, thigh, upper arm and ...

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In this blog post, we will explore the average calf size for men and women and how it correlates to health. We will also delve into the factors that influence calf size, including genetics, ...

Turn simple calf measurements into actionable data to track muscle growth, ensure proper fit, and monitor health changes effectively.

Here's a simple guide on how to accurately measure your calf size to track your gains. Why Measure Your Calves? Calves are crucial for movements ...

Find your realistic calf measurements based on your body structure and training goals

Struggling with boot calf size? Our step-by-step guide helps you measure perfectly for a flawless fit every time.

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