

Hey there,

Here's the bit you may have been fearing, but don't. It's not all that bad and it's an important part of the process to get your programme right from the very beginning.

Up to date pictures are extremely important for creating tailored plans. This allows me to see your current body type, potential genetics, postural analysis, body fat level / distribution and so much more.

Please do not skip this section, it can make a huge difference in the output of your plan which can drastically affect results. It is best to ask someone to take these pictures to ensure good quality and full body shots. Alternatively, prop your phone up and set the timer. No selfies allowed I'm afraid!

In total I need 4 pictures, one from the front, two from the side and one from the rear, with men wearing only shorts (not too long that they cover the whole of your thigh) and women wearing gym vest and shorts.

I've given you some examples of the pictures I need on the next page of this document. Just copy these poses each time you take your picture updates.

And yes, these are pictures of me. I was in a muscle building phase at the time of taking them, so no shredded abs on show...

And yes they are Star Wars boxers, but hey don't judge me...hahaha.

On a weekly basis I will ask you to upload the same 4 progress pictures via the Iron Paradise Fitness App, which you will receive instructions on how to download once I've written your programme.

In order for me to do my job effectively, please make sure that wherever possible you take the pictures in the same location, with the same lighting each time. It is also important that pictures are taken first thing in the morning in order to reduce variability based on what you've eaten during the day.

All information supplied is kept confidential and will never be shared or passed on. When you absolutely smash your goals, I'd love you to be featured as a testimonial on the website. I will write to you to get your permission before using any of your pictures. So rest assured, no-one else will see these pics without your permission.



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