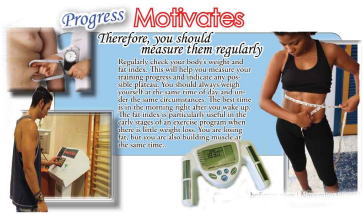


Progress Motivates! Therefore, you should measure them regularly

Written by

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Progress Motivates! Therefore, you should measure it regularly

Regularly check your body weight and fat index. This will help you measure your training progress and indicate any possible plateau. You should always weigh yourself at the same time of day and under the same circumstances. The best time is in the morning right after you wake up. The fat index is particularly useful in the early stages of an exercise program when there is little weight loss. You are losing fat, but you are also building muscle at the same time.

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