

Serge Aujla

| | 11-6-19 | 19-7-19 | LOSS | Gain |
|----------------------------|---------|---------|-------|-------|
| L.THIGH | 55cm | 53.4cm | 1.6cm | |
| R.THIGH | 56.5cm | 55cm | 1.5cm | |
| L.CALF | 35.6cm | 36.2cm | | 0.6cm |
| R.CALF | 35.6cm | 37cm | | 1.4cm |
| WAIST(belly button) | 95cm | 90cm | 5cm | |
| HIP | 97.5cm | 95.5cm | 2cm | |
| CHEST | 96.5cm | 97.4cm | | 0.9cm |
| L.ARM (BICEP) | 28.4cm | 31cm | | 2.6cm |
| R.ARM (BICEP) | 28cm | 30.5cm | | 2.5cm |
| BODY FAT | 21.8% | 21.7% | 0.1% | |
| BMI | 21.8% | 21.5% | 0.3% | |
| Metabolic Age | 55 | 55 | | |
| WEIGHT | 169.6lb | 168.8lb | 0.8lb | |