

Nola Trainer Photos and Measurements



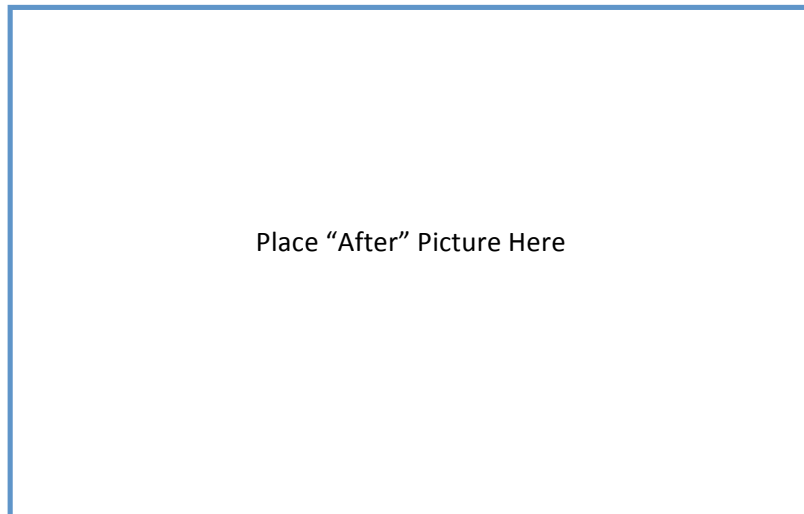
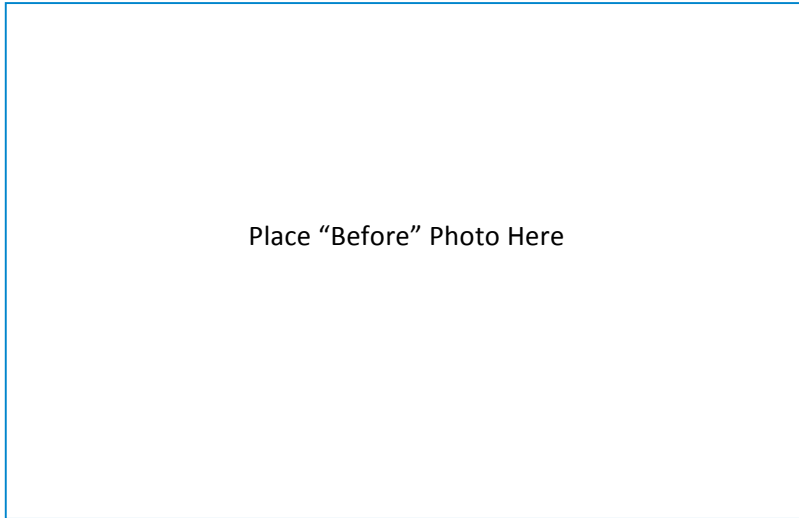
Chart Your Progress

By:

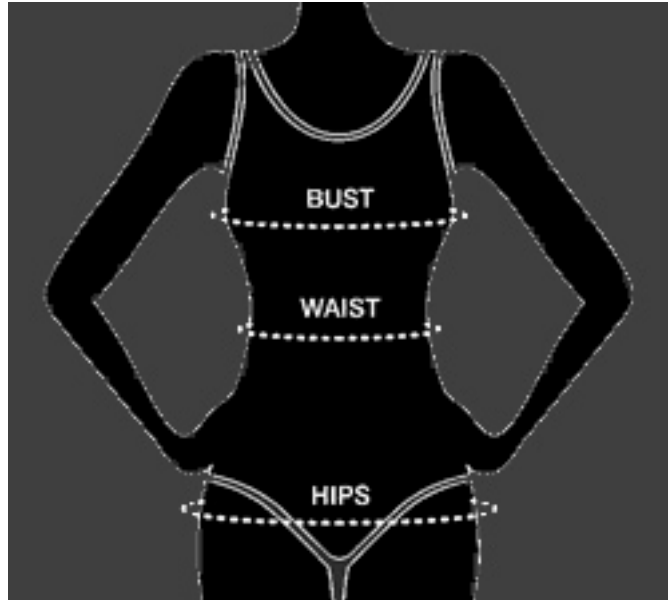
Jonas Deffes

Track Your Belly Blast Results!

Before and After Photos



Measurements



Measurements	Day 1	Day 21
Weight in Pounds		
Bust		
Waist		
Hips		

Good Luck!

Send us your results: Jonas@nolabootcamp.com

We'd love to hear about your Success!
Jonas Deffes