



HOW TO TAKE BEFORE AND AFTER PICTURES

When documenting your progress with before and after photos it's best to:

1. Use the same pose in your after photo as you did in the before so you can accurately see your transformation.
2. Take a shot from every angle.



3. Wear the same, or similar clothing in your after photo as you did in the before.
4. Wear swimwear or tight fitting workout clothes. Show as much of your body as you're comfortable with. This is the best way to see the changes.
5. Have someone else take the photo for you in front of a plain background with little clutter in a well lit area.
6. DO NOT SUCK IN OR PUSH OUT. Flexing is ok as long as you do it in both photos for an accurate comparison.
7. Use a digital camera or a cell phone that is capable of high resolution photos.



YES!



NO



SUBMIT YOUR RESULTS AND GET A FREE T-SHIRT



We want to see your results! Share your before and after photos, measurements, and Rally28 testimonial to rally28@livepure.com and we will send you this Rally28 T-shirt, absolutely FREE!



HOW TO TAKE BEFORE AND AFTER PICTURES

