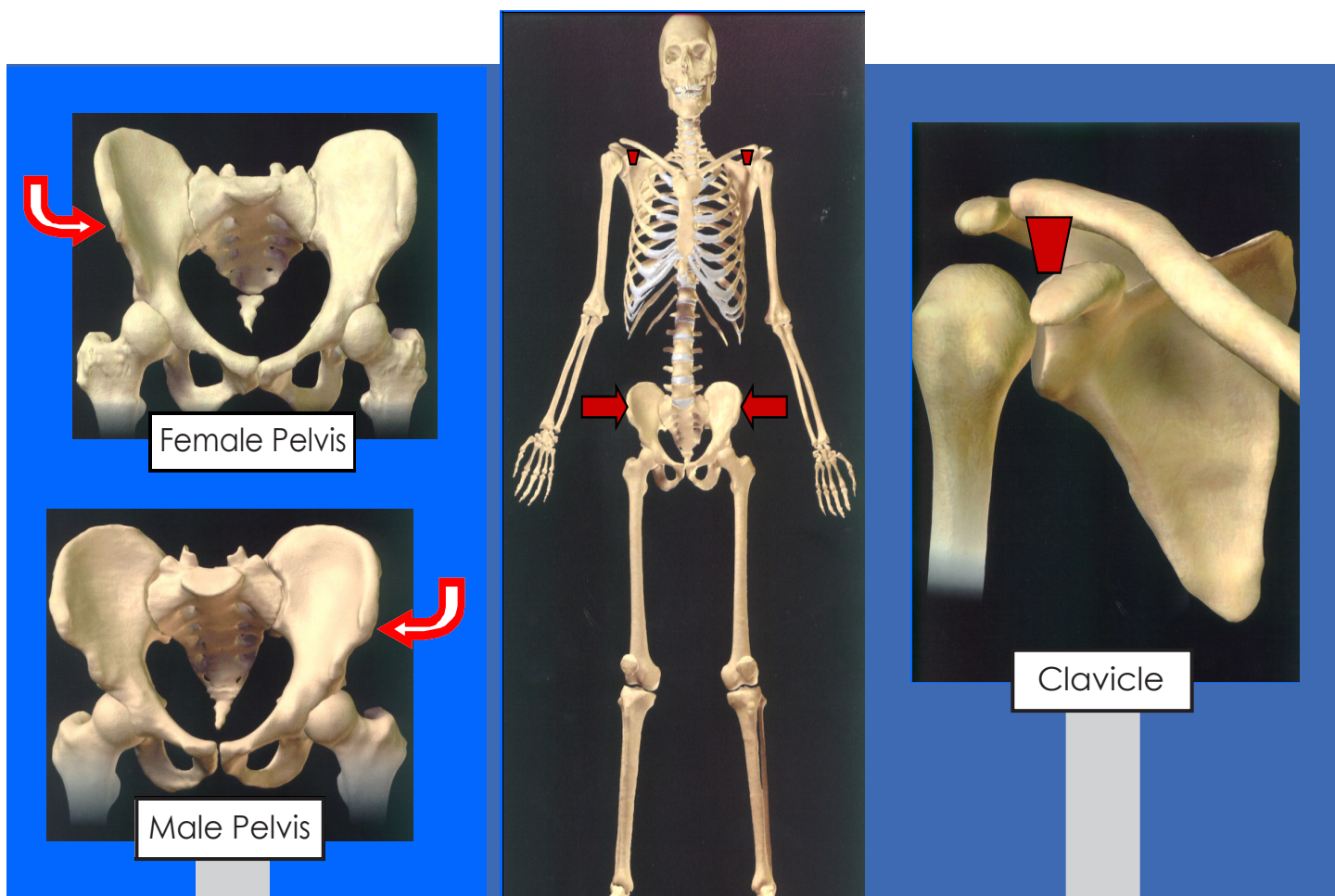


Your Transformation Body Type can be determined by measuring the width of your clavicle compared to the distance between your two hip bone points.



Points measured on the HIP BONE

The right and left Anterior Superior Iliac Spine (ASIS) points are the tips of the hip bones that protrude forward. They can easily be felt when lying down.

Points measured on the CLAVICLE

The acromion and scapula meet just below the indentation on the outer ends of the clavicle. This hollow triangular area is tender when pressure is applied.