



Be Picture Perfect.

ISABODY CHALLENGE BEFORE & AFTER PICTURE TUTORIAL

A picture is worth a thousand words and the photos you submit to the IsaBody Challenge could mean the difference between entering and being crowned Grand Prize Winner! Follow these simple photography tips to best capture your IsaBody transformation.

» Do

FRONT WITH ANY NEWSPAPER/TIMESTAMP



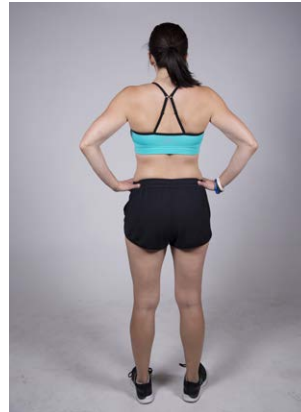
1. Wear trim, fitted athletic clothing. If you feel comfortable, take a picture shirtless (for men) or in a sports bra (for women). Underwear not allowed.

FRONT



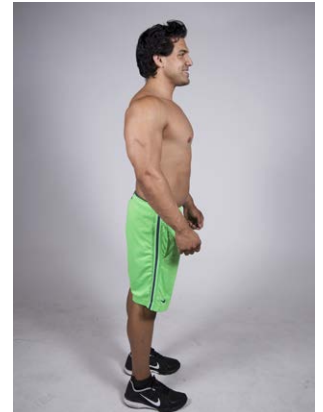
2. Take your picture against a bare wall or white background so you're the focus of the photo.

BACK



3. Take your picture in a well-lit room with a good camera to produce a high-quality image.

PROFILE/SIDE



4. Stand up straight with good posture and have a friend take your picture for the best possible angle.

» Don't



1. Don't wear baggy, loose-fitting clothes.



2. Don't take a selfie or a picture of yourself in the mirror or cover your face.



3. Don't take your picture in front of a busy, back-lit or cluttered background.



4. Don't take your picture in a dark room or submit a low-quality, pixelated image.