



Before

A full-body front view of a man in a blue t-shirt and dark shorts, standing with arms slightly out. He is wearing grey socks and black shoes.

初回

体重 76.55kg

体脂肪率 17.6%

体重

-6.9kg

減

体脂肪率

-4.7%



最終回

A full-body front view of the same man, now barefoot, showing a more muscular physique. He is wearing the same blue t-shirt and dark shorts.

体重 69.65kg

体脂肪率 12.9%

After