

TMF WEEKLY

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Tailor's Tips

Tuesday: *Trouble sleeping? Save a big chunk of your carbs/protein for your last meal. It can impact melatonin production & improve sleep onset. Ditch wheat/grains & stick to starches.*

Thursday: *Rest longer between sets. 2-3 min will allow you to maintain higher work quality. Don't turn strength training into endurance training!*

Highly Recommended

- 1) Menno Henselmans discusses training & nutrition ([podcast](#))
- 2) Layne Norton discusses training volume ([video, explicit!](#))
- 3) Eric Barker explores becoming more resilient ([article](#))

The Latest

Ever stop & think about how diet affects sleep?



[More...](#)

Prep Vlog 5

A bit of a bump in the road in Week 3 calls for changes ahead.



[More...](#)

Coaching

I currently have spots available for one-on-one coaching. If you have a physique or performance goal that you'd like to achieve in the most optimal way possible, I'm here to help.

Visit the [Coaching Page](#) on my website for more information and to explore my offerings, or use the email provided above to reach out to me with inquiries.

Q&A

What issues are keeping you from progressing towards your fitness goals? Submit your most pressing questions via email or social media; if I get enough responses, I'll make a weekly video discussing ways to solve them!