

# TMF WEEKLY

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## Tailor's Tips

Tuesday: *Eat whole foods whenever possible; it can increase the Thermic Effect of Food (TEF) by at least 10% (study). For every 1000 kcal, you can be burning ~100 more!*

Thursday: *When picking exercises, choose ones with the largest Range of Motion. Full ROM training leads to more strength/size gains compared to partial ROM lifts. Related: check your ego at the door ;) (Article)*

## Highly Recommended

- 1) Menno Henselmans discusses "recomping" ([video](#))
- 2) More goodies from Menno related to Thursday's tip ([article](#))
- 3) Alberto Nunez: 2016 In Review ([podcast](#))

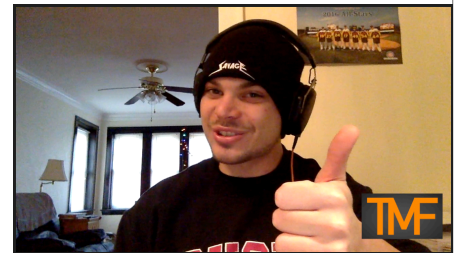
## The Latest

Cardio: friend, or foe?  
Warning: the truth may hurt... or set you free.  
[More...](#)



## Prep Vlog 6

If you take the right measures, you can read your metabolism like a book.  
[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 your goals? Submit your questions via email/social media; if I get enough responses, I'll make a video with answers!