

TMF WEEKLY

Visit: tailor-made-fitness.com | Mail: tailormadefitness13@gmail.com



Follow Me

Facebook: [Tailor Made Fitness](#)

Twitter: [@TMFitness13](#)

YouTube: [Tailor Made Fitness](#)

Tailor's Tip

Always be prepared for unplanned rest days ([Blog Post](#))

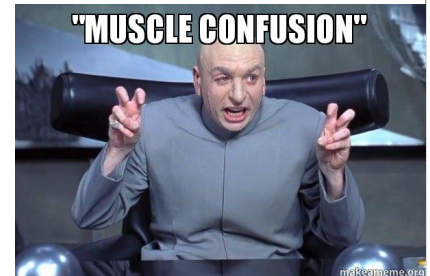
Highly Recommended

- 1) Danny Lennon & Alex Ritson examine why different people have unique responses to similar diet strategies ([Podcast](#))
- 2) Menno Henselmans highlights 18 studies from 2016 & gives practical recommendations based on each ([Article](#))

The Latest

By using "muscle confusion," you're basically faking progress. Knock it off.

[More...](#)



Prep Vlog 9

8% body fat loss in seven weeks? I'll drink to that.

[More...](#)



Coaching

Serious about improving your physique? I'm here to help. Visit the [Coaching Page](#) on my website to learn how to apply for a Transformation Session!

**NOTE: Spots on my roster are currently limited. Apply for your transformation today!*

Calling All Beginners!

My new 14-Day Transformation Kick-Start is ready for Beta Testing! I need a few more male applicants before starting the program later this week. [Apply here!](#)