Newsletter Volume 6 January 23, 2017

TMF WEEKLY

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Tailor's Tip

Those BCAAs you're drinking are probably useless (Blog Post)

Highly Recommended

- Menno Henselmans explains why most diets fail & what you can do about it (Article)
- Team 3DMJ dives into cardio for physique athletes (<u>Podcast</u>)
- Greg Ciotti explains the science behind productivity (Article)

The Latest

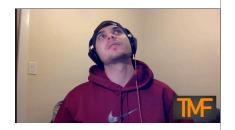
How to hurdle over any obstacle in the way of your fitness goals.





Prep Vlog 10

That face you make when you think your body comp data is confounded by glycogen...



More...

Coaching

Serious about improving your physique? I'm here to help. Visit the <u>Coaching Page</u> on my website to learn how to apply for a Transformation Session!

*Spots on my roster are limited. Apply today!

Calling All Beginners!

My new 14-Day Transformation Kick-Start is ready to rock! Interested in losing pound of body fat while building good habits? Apply here!

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