

# TMF WEEKLY

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## Tailor's Tip

*Understand Your Genetic Potential*  
([Blog Post](#))

*Why Your Split Routine Isn't Working*  
([Video](#))

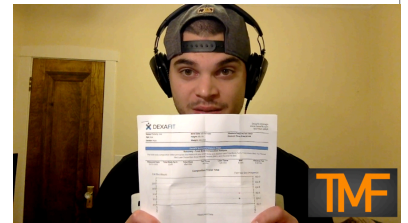
## Highly Recommended

- 1) Menno Henselmans explains how genetics influence your training ([Podcast](#))
- 2) Team 3DMJ bares all about why contest prep sucks/is awesome ([Podcast](#))
- 3) Danny Lennon & Rob Lipsett discuss what you can learn from competing in physique sports ([Podcast](#))

## The Latest

My DEXA results are in!  
What are the implications going forward?

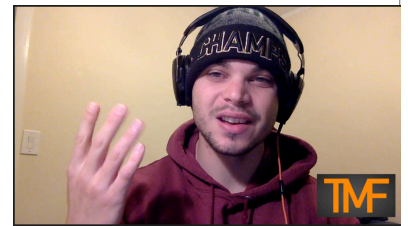
[More...](#)



## Prep Vlog 11

The past week of prep was tough, but the key is learning from setbacks & adapting.

[More...](#)



## Coaching

Serious about improving your physique? Want to understand your own Genetic Potential? I'm here to help. Visit the [Coaching Page](#) on my website to learn how to apply for a Strategy 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!](#)