

TMF WEEKLY

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Tailor's Tip

Are You Lean Enough to Bulk? ([Blog](#))

Highly Recommended

- 1) Andrea Valdez of 3DMJ tells you how to properly prepare for dieting ([Blog](#))
- 2) Team 3DMJ discusses "how to lose" in bodybuilding ([Podcast](#))
- 3) Menno Henselmans examines research that challenges the idea that "macros are all that matter" ([Facebook Post](#))

The Latest

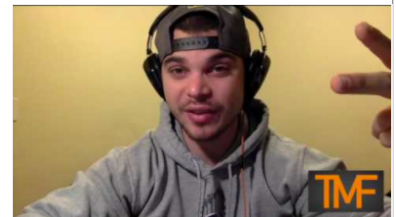
I'm quitting caffeine (and any other stimulant) & you probably should, too.

[More...](#)



Prep Update: Week 11

Went back to a video this week because there's a lot to get off of my chest after this latest week of prep.



[More...](#)

Coaching

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

Announcements

I'm more than happy to announce that I have joined the Research Team at [Bayesian Bodybuilding](#)! We're working hard on providing you with the best damn evidence-based recommendations you're likely to find anywhere. Stay up-to-date [here](#).

TMF has also hit Instagram! Slide in the DMs [here](#).