



FITNESS

GUIDE

Now that you have your **Tapout XT** program, it's time to begin the journey to a healthier body and mind. Start by taking your "before" picture and record your initial weight and measurements in the space below. Next, turn this page over to see the Workout Calendar and hang it someplace where you will see it every day. *TIP- the fridge is always a good spot because it will remind you to workout every time you go to eat and it will also remind you to follow your **Tapout XT** Food Plan.

The **Tapout XT** program has created a customized Workout Calendar with a suggested workout for each day of the week.

This workout rotation has been designed to alternate the muscle group focus throughout the week and give the different parts of your body adequate time to recuperate and give you the results that you are looking for. Overtraining a muscle can have the same adverse effects as not training the muscle at all.

The **Tapout XT** Food Plan & Nutritional Guide has been produced to give you the same flexibility as the Workout Calendar. You don't have to eat the exact meal on the exact day that it is listed. Mix and match the meals to create the plan that you will be more likely to follow. Remember, the food you eat not only provides the fuel to run your body, but the fuel for your mind as well. If you need some great results in a short amount of time, use the 10-Day Slim Down Guide to accelerate your progress.

START PICTURE	10 DAY	30 DAY	60 DAY	90 DAY	
DAY ONE	WEIGHT	JEAN SIZE	CHEST	BICEP	WAIST



Tapout Xt Fitness Guide

Michael Seilmaier

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Tapout Xt Fitness Guide:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Tapout Xt Fitness Guide**

In some sort of inundated with monitors and the cacophony of immediate interaction, the profound energy and psychological resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the continuous assault of sound and distractions. However, located within the lyrical pages of **Tapout Xt Fitness Guide**, a fascinating work of fictional elegance that impulses with natural feelings, lies an unique journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that exciting opus books visitors on an emotional odyssey, lightly exposing the latent potential and profound influence stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is key styles, dissect their captivating writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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