



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

Ellington Darden, Phd

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:

Whispering the Techniques of Language: An Emotional Quest through **Tapout Xt Fitness Guide**

In a digitally-driven world wherever monitors reign great and immediate communication drowns out the subtleties of language, the profound secrets and psychological nuances hidden within phrases often move unheard. However, set within the pages of **Tapout Xt Fitness Guide** a interesting literary prize sporting with natural emotions, lies an exceptional journey waiting to be undertaken. Written by an experienced wordsmith, this wonderful opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within ab muscles cloth of each and every word. Within the emotional depths of the poignant evaluation, we will embark upon a heartfelt exploration of the book is key styles, dissect its interesting writing design, and fail to the effective resonance it evokes strong within the recesses of readers hearts.

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