

TMF WEEKLY

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Tailor's Tip

Understand Your Metabolism

([Blog Post](#), [Instagram Post](#))

Highly Recommended

- 1) Anastasia Zinchenko tells you the same thing I would: train more often! ([Blog](#))
- 2) Team 3DMJ discusses some issues with the current landscape of competitive natural bodybuilding ([Podcast](#))
- 3) The before/after results of one of Menno Henselman's clients will shock you ([Blog](#))

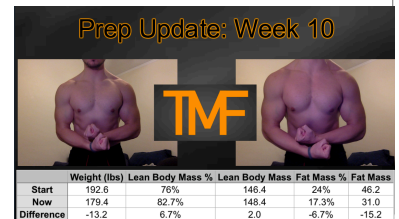
The Latest

Has your split routine has stopped giving you results? Here's why. (Note: This content is soon to be exclusively hosted at SupplementReviews.com)

[More...](#)

Prep Update: Week 10

Changing up how I update my prep (for now). Week 10 was another slow one... but I know why.



[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.

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