

A woman with long dark hair, wearing a black crop top and shorts, is performing a squat in a gym. She is holding a barbell across her shoulders. The background is dark with some gym equipment visible.

# XS FITNESS PROGRAM GUIDEBOOK

XS MUSCLE GAINS

START YOUR ADVENTURE  
TO A BETTER, HEALTHIER LIFE



# TABLE OF CONTENTS

Welcome to XS	3
XS Fitness Program	4
<b>XS Fitness - XS Muscle Gains</b>	
How to use your XS Fitness - XS Muscle Gains Kit	5
Getting Started	
Step 1 - Set Your Toning Goals	6
Step 2 - Define & Schedule Your Micro-habits	7
Step 3 - Take Your Baseline	8
Step 4 - Community & Support	9
It's Go Time!	10
XS Muscle Gains Diet Plan	11-14
XS Muscle Gains Fitness Plan	15
XS Muscle Gains Stack Products	16-18
Track Your Progress	19-20
Continue the Adventure	21

Look for this icon throughout your guidebook for tips to help enhance your XS Fitness Program.



# WELCOME TO XS

From the start, our purpose has been to cultivate and nurture a community built on positive experiences shared at the crossroads of adventure and opportunity ... To help people live better, healthier lives. Our mission remains - Fueling adventures with an open invite to experience *more*. That's exactly why you're here.

You want *more* from life, and XS™ is here to turn that desire into action. Our XS Fitness Programs will help you:

- Push past personal limits.
- Level-up your energy.
- Optimize physical performance.
- Build healthy habits to achieve and exceed your fitness goals.

The best part is, you have everything you need to get started!

This guidebook gives you the framework to accelerate your fitness journey today. Everything is designed with you in mind, including easy to implement products, diet and fitness guidelines customized to your needs, whether that's toning up, or showing off some major muscle gains. Turn to the page aligned with your personal 30-day XS Fitness Program below, and let's adventure!

30-Day XS Muscle Gains Guide

Pages 5-21

# XS FITNESS PROGRAMS

XS believes fitness is a journey, not a destination and every day provides an opportunity to push past your personal limits and experience more from life. We also know having a rockstar community to cheer you on and the right products that naturally fuel you, not fill you with a bunch of artificial colors, flavors and sugar, makes that journey a lot more fun! That's why we created XS Fitness Program. It's designed to meet you where you are at today; provide the support, community and products to help level-up your fitness game; and the flexibility to continue your XS adventure in whatever way best meets your needs.

<b>XS Muscle Gains</b>	
<b>Program Duration</b>	30 days
<b>Fitness Goal</b>	Build Size, Strength & Stamina
<b>Workout Duration</b>	30-60 mins
<b>Types of Workout</b>	<b>Strength Training &amp; High-intensity interval training (HIIT)</b>
<b>Resources for Support</b>	<ul style="list-style-type: none"> <li>-Program Guide</li> <li>-Workout Videos</li> <li>-Diet Plan</li> <li>-Recommended Product Regimen</li> </ul>
<b>Intensity</b>	<b>Beginner, Intermediate and Advanced</b>
<b>Products Included</b>	<p><b>XS MUSCLE GAINS STACK</b></p> <ul style="list-style-type: none"> <li>-Nutralite™ Joint Health</li> <li>-XS™ Boost + Focus</li> <li>-XS™ Muscle Multiplier*</li> <li>-XS™ Sports Protein Bars</li> <li>-XS™ Protein Pods - x2</li> </ul>
<b>Cost</b>	<b>\$238</b>



This comprehensive 30-day program includes this guidebook with information on goal setting, progress tracking, meal plans and more.

\*When combined with regular weight/resistance training and a healthy, balanced diet.



# XS FITNESS

## XS MUSCLE GAINS

### HOW TO USE YOUR XS FITNESS - XS MUSCLE GAINS KIT

Get excited! You're about to seriously level-up your fitness game. Our 30-day XS Muscle Gains kit was designed to support your entire journey toward achieving a stronger, more muscular body. This program focuses on weight training exercises such as, bench press, barbell squat and much more. We believe the combination of these movements, the product offering, and the diet plan gives you the accelerated advantage to building muscle. The program does require equipment for majority of the exercises but does allow you to go at your own pace.

There's just one thing ... We can give you the tools and framework for success, but this is your adventure. You have to put in the work if you want to experience the wins. The good news is you already made the hardest decision. You committed to making a change and you've got the guidebook in your hands to get started. There's nothing holding you back, so let's dive in and have some fun.

### BEFORE YOU START

You wouldn't venture into the wild without a little planning and kick-starting your muscle gains technique is no different. It may not seem important right now, but when you have a rough day (*and we all do!*), you'll be happy you invested the time. Just turn the page and follow our easy 4-step process to set yourself up for success.

# STEP 1

## SET YOUR MUSCLE GAINS GOALS

Your goals are focused on gaining strength. Knowing that is already a step in the right direction, but building size, strength, and stamina can mean a lot of different things. Whether you're trying to see a change in your size or weight, or you're working toward increasing your reps, get clear on what muscle gains looks like for you by setting 1-2 **S.M.A.R.T.** (Specific, Measurable, Achievable, Relevant, Time-bound) Goals.

Take a moment to think this through. **The more clearly you can paint a picture in your mind, the more likely you'll be able to make it a reality.** And remember, this is your goal and your fitness adventure, so go after whatever it is you really desire! Here are a few questions to help you get started.

- Why is gaining size and strength important to you right now? What is your true motivation behind starting this program?
- What does success look like for you when it comes to building strength and gaining muscle? It could be a number of reps, a feeling, a personal achievement or a combination of any/all of these.
- How do you want to feel? More confident? Stronger?
- How would you celebrate reaching your goal? What would make you feel like you exceeded that goal?

Use the space below to brainstorm. These may be big ideas or longer-term goals, and that's okay! This is just the first step in your on-going fitness journey.

Now, pick 1-2 points you want to work toward first to create your S.M.A.R.T. Goals.

For example:

- This week I will gain 1-2 pounds by increasing my diet 500 calories a day.
- In one week, I'll improve my squat form by studying the XS ambassadors who are certified trainers.
- In one week, I will increase my protein intake to support muscle gain by eating 1-1.5g of protein per pound of my body weight every day.
- In one month, I will increase my bicep measurements by 0.5 inches through a combination of heavy lifting 4x per week and 20-30 minutes of cardio 2x per week.

Define and track your S.M.A.R.T. Goals here.

S.M.A.R.T. Goal #1: \_\_\_\_\_

\_\_\_\_\_

S.M.A.R.T. Goal #2: \_\_\_\_\_

\_\_\_\_\_

# STEP 2

## DEFINE & SCHEDULE YOUR MICRO-HABITS

While your S.M.A.R.T. Goals have been defined, micro-habits are small changes that will help you get there faster. Think easy to implement, quick wins that you can track and build on to help you reach your bigger goal.

Some examples might be:

- Set a reminder to take XS™ Pre-Workout Boost 15 minutes prior to each workout
- Swap out a sugary breakfast, such as cereal, for a high-protein breakfast, like eggs and sausage.
- Schedule at least one rest day.
- Find a podcast or book about weight lifting.

Use the space below to:

1. Write out 1-2 micro-habits.
2. Schedule them. That could be adding something to your calendar or putting a sticky note on your bathroom mirror with seven little check boxes. Whatever works for you, do that!

Micro-habit #1: \_\_\_\_\_

---

---

Micro-habit #2: \_\_\_\_\_

---

---



The goal of a micro-habit is to set yourself up for success! Remember to make these very small and something that's totally achievable. Think, adding one additional rep to your usual lifting routine when you feel too tired to do more, versus adding five additional reps every day this week.

\*When combined with regular weight/resistance training and a healthy, balanced diet.

# STEP 3 TAKE YOUR BASELINE

Your muscle gains can be measured in many ways, including the goals and micro-habits you've already set. Still, when beginning any fitness program, it's important to take a baseline of where you're starting. Plus, having this information on day one will make it that much easier to track and celebrate as you crush your goals along the way!

Use the space below to capture:

- Your start date and current weight
- Measurements

Capture some selfies to track your progress visually and provide personal motivation. It's amazing how quickly your body can shift without you even realizing it. And the changes you experience when toning are often subtle, which makes regular progress pics even more valuable.



Capture images from several angles, wear form-fitting clothing, and be sure to get some shots of your entire body. You'll want to celebrate your wins from head-to-toe.



Snap your pics in the same location and lighting each time. This will make it easier for you to see changes along the way. Most important, remember these are only for you! You don't have to share or show anyone else.

## DAY 1 - MEASUREMENTS

Date:

Weight:

Arm (R):

Thigh (R):

Arm (L):

Thigh (L):

Chest:

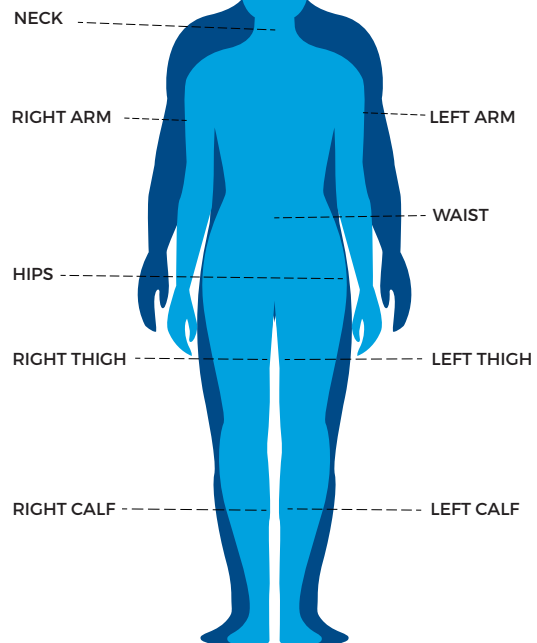
Neck:

Waist:

Calf (R):

Hips:

Calf (L):



It's always good to have your baseline weight and measurements, but this is only one way of tracking progress along the way. If your definition of successful gains is more about improving overall health, reps, or energy levels, track that!

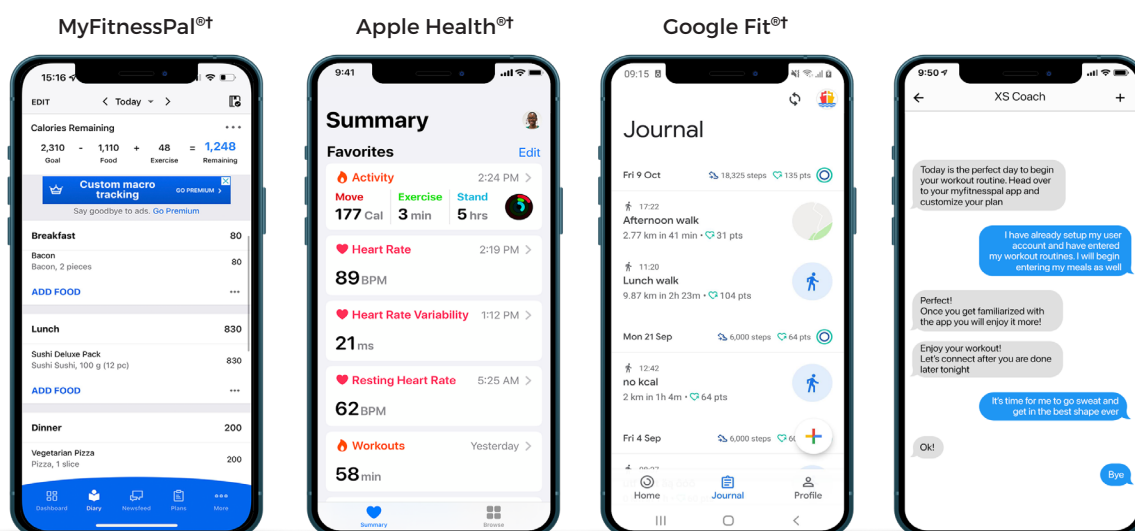


## STEP 4 COMMUNITY & SUPPORT

Whether this is your first XS Fitness Program or fifteenth, we promise to have your back, and that's exactly what we aim to do! We understand each adventure is different, each goal is personal, and each individual wants to be cheered on and communicated with in different ways. That's why we've created tools and support options you can customize to meet your ongoing needs. The best way to know if something will help to keep you energized and inspired is to try it.

We'd recommend starting here:

- **Join an XS Fitness Private Facebook<sup>†</sup> Group** – We've cultivated a community of everyone from fitness newbies to some of the best trainers in the business all striving to live better, healthier lives. This is where they come together to share successes and struggles, find motivation, uplift and inspire each other. Watch for an invite from your XS Fit Coach (Upline) to join your fellow adventurers as a member of the XS Fitness Tribe.
- **Meet your XS Fit Coach** – If you haven't already, be sure to connect with the XS Fit Coach who will be guiding you throughout this program. Keep their contact information available in case you have questions or need additional support. They'll also help to personalize your Fitness Program and cheer you on throughout your adventure.
- **Download a Fitness Tracker App** – There are many fitness tracking apps to choose from and we recommend you check them out in your phone's app store. A few apps we recommend are MyFitnessPal<sup>†</sup>, Apple Health<sup>†</sup>, and Google Fit<sup>†</sup>. Fitness trackers, whether on your phone or wearable device, are great support tools that easily align with any XS Fitness Program. You can use them to track your fitness progress, calories, water intake and more.



<sup>†</sup>Facebook<sup>®</sup> is a registered trademark of Meta Platforms, Inc.

<sup>†</sup>MyFitnessPal is a registered trademark of MyFitnessPal Inc.

<sup>†</sup>Apple Health is a registered trademark of Apple Inc.

<sup>†</sup>Google Fit is a registered trademark of Google LLC. Amway is not affiliated with any of these companies.

# XS FITNESS

## XS MUSCLE GAINS

### *It's go time!*

It's go time! Your XS Fitness Program and the products included were designed to help you crush your fitness goals, build healthy habits, and jumpstart your gains. Each program is built around diet and fitness recommendations aligned with your personal goal of gaining muscle and fueled by the best XS products to help you achieve success.

Use this guide to:

- Review the included diet and fitness recommendations and then create your ideal plan.
- Learn about the products in your XS Muscle Gains Stack and the best time to use each one for maximum results.
- Track your progress, goals and wins along the way.

Remember, if you have questions, need help mapping out your personal fitness plan, or just want some ideas and motivation as you get started, you'll find limitless resources and support through the XS Fitness Community on Facebook<sup>®†</sup> and your XS Fit Coach.



# DIET PLAN

## XS MUSCLE GAINS

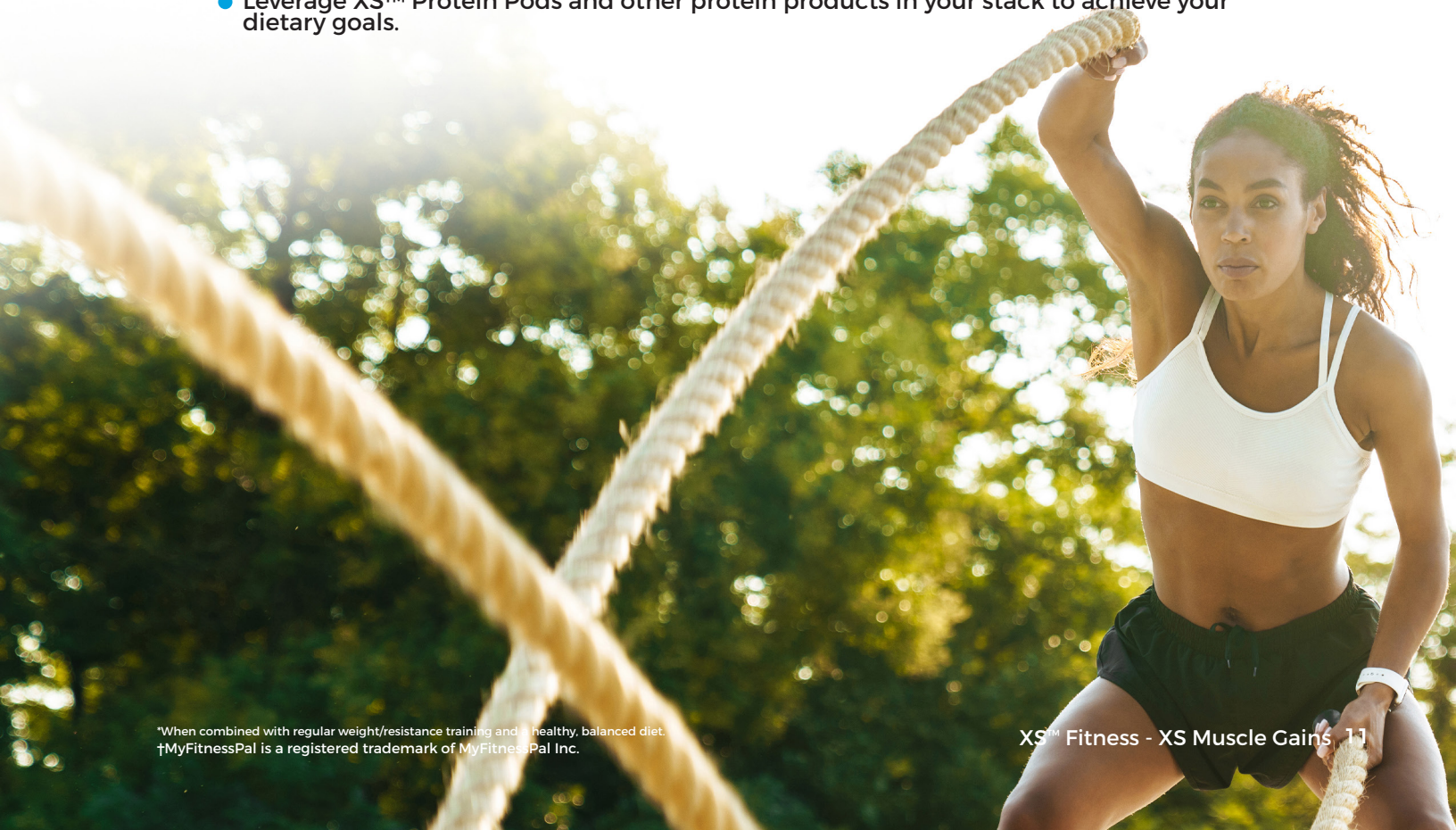
The changes you make to your diet during the XS Fitness Program play a critical part in helping to jumpstart your metabolism, achieve and maintain long-term muscle gains. When creating your meal plan, you'll want to closely consider the types of foods you're going to eat or diet you'd like to follow, in addition to ensuring you stay hydrated.

Here are some general tips to help you get started:

- Make sure you're properly hydrated. As a starting point for determining how much water you need daily, divide your weight in pounds by 2 and drink that amount in ounces i.e. a 160lbs person should drink 80 ounces of water daily. Make sure to adjust your hydration and electrolyte consumption accordingly during hot and humid days.
- Eat every 2.5 to 3 hours. This usually includes three meals and two healthy snacks throughout the day. This will help to boost your metabolism and balance blood sugar.
- Consider eating protein and a healthy fat at bedtime.

**For Muscle Gains specifically, keep the following in mind:**

- Start your day with a high-protein breakfast and aim to include lean protein in each meal.
- Increase your calorie intake by 500 per day. This should mostly come from lean proteins and minimally processed, whole food sources like chicken and turkey, or following something similar to a Keto diet plan.
- Keep track of what you eat and measure your portions. Setting up a MyFitnessPal® profile is great for this!
- Leverage XS™ Protein Pods and other protein products in your stack to achieve your dietary goals.



# DIET PLAN

## XS MUSCLE GAINS

To help you get started, we worked with our Nutrition Team to create a sample diet plan for someone focused on building muscle. This includes healthy proteins, vegetables, fats and carbohydrates, as well as how you might fit them into your day.

 <b>PROTEINS</b>	Any Fish (Tuna, Salmon, etc.), Any Seafood (Shrimp, Scallops, etc.), Chicken Breast, Turkey Breast, Any Meat 90% or Leaner, Egg Whites.				
	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME
	35g	35g	35g	35g	35g
Typical protein content of foods are: 2 eggs 12.5g; 2 slices of turkey bacon 10g; 1 cup soy milk 6.3g; 1 cup black beans 15g; 1 cup skinless roasted chicken 43.4g; 3/4 cup shrimp 30g; 6oz salmon filet 34g.					
 <b>VEGGIES</b>	Broccoli, Spinach, Tomatoes, Green Peppers, Asparagus, Cauliflower, Brussel Sprouts, Green Beans, Zucchini One serving is defined as 1 cup of raw leafy vegetables or 1/2 cup of cooked or chopped raw vegetables.				
	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME
	1-3 cups	1-3 cups	1-3 cups	1-3 cups	
 <b>HEALTHY FATS</b>	Any Nuts, Avocado, Olive Oil, Canola Oil, Avocado Oil, Any Natural Nut Butters				
	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME
	14-15g	7-8g	7-8g	14-15g	31-29g
Typical fat content of foods are: 1/2 cup mashed avocado 16.9g; 1/4 avocado 7.3g; 6 walnuts 52g; 2 Tbsp mixed nut butter 16g; 2 Tbsp slivered almonds 11.6g; 1 tsp margarine 4g; 1 Tbsp grapeseed oil 14g; 1 Tbsp olive oil 14g.					
 <b>HEALTHY CARBS</b>	Whole Grain Bread, Rice (any type), Whole Wheat Pasta, Oatmeal, Sweet Potatoes, Any Fruit.				
	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME
	26-39g	35-53g	53-79g	26-39g	35-53g
Typical carbohydrate content of foods are: 2 slices toast 24g; 2 slices of waffles 34g; 1 English muffin 25g; 1 tortilla 8" 22g; 1 pita 35g; 1 apple 25g; 6 whole grain crackers 16.5g; 1/2 cup cooked quinoa 21g; 1/2 cup cooked brown rice 25g; 1 cup whole wheat penne 36g; 1 orange 11g; 1 banana 27g.					

Diet Plan based on someone who is working out after consuming two meals.

It is recommended to use products in the XS Muscle Gains Stack as needed to help you stay on track.



Remember, this is just a starting point! Use this information to help create a diet plan that works for you and your personal goals.



If you're feeling confused or overwhelmed, know you've got an entire XS Fitness tribe supporting you! You can:

- Connect with your FB community, post a question and look for tips and recipes there.
- Message your XS Fit Coach for guidance and support to help you get started.

# DIET PLAN

## XS MUSCLE GAINS

Since meal planning is so important to your success, we wanted to make it easy for you to get started. Explore these single-serve breakfast, lunch, dinner, and healthy snack options created specifically with the goal of increasing size, strength, and stamina in mind. Each one includes a recipe with the exact ingredients you'll need, all of the measurements, and even the calorie count, so your focus can be on creating a daily menu you're excited about!

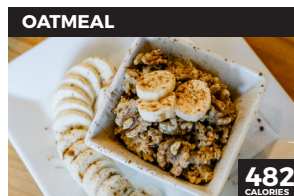
### BREAKFAST



**AVOCADO TOAST**

2 Slices Whole Grain Toast  
 ½ Cup Mashed Avocado  
 2 Poached Eggs  
 1 Orange

545  
CALORIES



**OATMEAL**

¾ Cup Instant Oats  
 1½ Cups Soy Milk  
 1 Tsp Vanilla  
 1 Tsp Cinnamon  
 6 Walnuts  
 ½ Medium Banana

482  
CALORIES



**EGG & TOAST**

2 Slices Whole Grain Toast  
 2 Eggs Scrambled  
 2 Tsp Margarine  
 2 Slices Turkey Bacon  
 ½ Medium Banana

515  
CALORIES



**VEGGIE OMELETTE & TOAST**

1 Cup Mixed Veggies  
 (i.e. Mushrooms, Peppers,  
 Tomatoes)  
 2 Eggs  
 2 Tbsp Feta Cheese  
 2 Slices Whole Grain Toast  
 2 Tsp Margarine

488  
CALORIES



**LOADED WAFFLE**

2 Whole Grain Frozen Waffles  
 2 Tbsp Nut Butter (i.e. Almond,  
 Peanut, Cashew)  
 1 Medium Banana  
 1 Cup Soy Milk

543  
CALORIES



**OPEN-FACE BREAKFAST SANDWICH**

1 Whole Grain English Muffin  
 2 oz Reduced Fat Cheese  
 2 Cups Steamed Spinach & Tomato  
 1 Poached Egg  
 1 Orange

416  
CALORIES

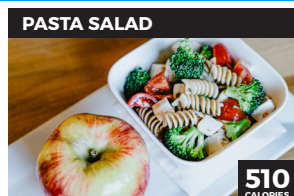
### LUNCH



**BEAN BURRITO**

1 Whole Wheat Tortilla  
 ¾ Cup Black Beans  
 2 oz Low-Fat Cheddar Cheese  
 2 Tbsp Salsa  
 1 Small Apple

492  
CALORIES



**PASTA SALAD**

1½ Cups Cooked Whole Wheat  
 Rotini Pasta  
 ½ Cup Broccoli  
 8 Grape Tomatoes  
 ½ Cup Roasted Skinless Chicken  
 2 Tbsp Reduced-Fat  
 Italian Dressing  
 1 Small Apple

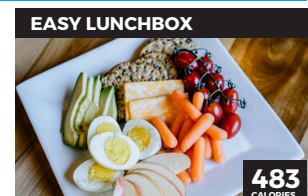
510  
CALORIES



**VEGGIE PITA POCKET**

1 Whole Wheat Pita  
 ¼ Cup Hummus  
 ½ Cup Edamame  
 ½ Cup Sliced Red & Yellow  
 Bell Pepper  
 1 Small Apple

509  
CALORIES



**EASY LUNCHBOX**

2 Hard Boiled Eggs  
 6 Whole Grain Crackers  
 ¼ Avocado  
 8 Grape Tomatoes  
 8 Baby Carrots  
 1 Small Apple

483  
CALORIES



**COMFORTING SOUP**

1 Cup Vegetarian  
 Vegetable Soup  
 1 Vegetarian "Meat" Patty  
 6 Whole Grain Crackers  
 1 Cup Grapes

473  
CALORIES



**CHICKEN SALAD**

1 Cup Roasted  
 Skinless Chicken Breast  
 ½ Cup Halved Red Grapes  
 2 Tbsp Slivered Almonds  
 1 Tbsp Lite Mayo  
 1 Tbsp Plain Low-Fat  
 Greek Yogurt  
 Lettuce

473  
CALORIES



**EASY MAKE AHEAD SANDWICH**

1 Whole Wheat Pita  
 3 oz Roasted Turkey Breast  
 Veggies (i.e. Roasted Peppers,  
 Cucumbers, Lettuce, Tomato)  
 1 Slice Reduced-Fat Cheese  
 ½ Tbsp Lite Mayo  
 1 Tsp Mustard  
 1 Small Apple

483  
CALORIES

# DIET PLAN

## XS MUSCLE GAINS

### DINNER

#### LOW FAT BAKED CHICKEN



471  
CALORIES

1 Cup Baked Skinless Chicken Breast  
 ½ Cup Cooked Quinoa  
 ½ Cup Cooked Corn  
 1½ Cups Spinach  
 8 Grape Tomatoes  
 2 Tbsp Low-Fat Dressing

#### SHRIMP & VEGGIE STIR FRY



459  
CALORIES

1½ Cups Mixed Stir Fry Vegetables  
 ¾ Cup Cooked Shrimp  
 1 Tbsp Grapeseed Oil  
 ½ Cup Cooked Brown Rice

#### "TURKEY" BLACK BEAN SOUP



392  
CALORIES

½ Cup Cooked Vegetarian Meat  
 1 Cup Vegetable Broth  
 ¼ Cup Black Beans  
 ¼ Cup Corn  
 Cumin & Oregano to taste  
 Whole Wheat Roll  
 1 Tsp Margarine

#### LOW CARB CHICKEN DINNER



504  
CALORIES

1 Cup Baked Skinless Chicken Breast  
 1 Cup Cooked Quinoa  
 1 Cup Steamed Broccoli & Cauliflower

#### STEAK & POTATOES



498  
CALORIES

6 oz Grilled Flank Steak  
 1 Baked Sweet Potato  
 1 Tsp Margarine  
 1 Cup Cooked Green Beans

#### PASTA NIGHT



392  
CALORIES

1 Cup Cooked Whole Wheat Penne  
 ½ Cup Tomato Base Pasta Sauce  
 1 Cup Frozen Mixed Vegetables  
 1 Whole Wheat Roll  
 1 Tsp Margarine

#### LEMON ROASTED SALMON



445  
CALORIES

6 oz Salmon Filet  
 1 Tbsp Lemon Juice  
 1 Clove Garlic  
 1 Tsp Olive Oil  
 10 Spears Steamed Asparagus  
 Salt & Pepper

### HEALTHY SNACK OPTIONS

#### RAW VEGETABLES



170  
CALORIES

2 Cups raw veggies  
 ¼ Cup Lite or Reduced-Fat Ranch Dressing

#### PISTACHIOS



160  
CALORIES

25 Pistachios  
 1 Orange

#### CHEESE & CRACKERS



157  
CALORIES

4 Whole Grain Crackers  
 1 Slice Reduced-Fat Cheese

#### REDUCED FAT STRING CHEESE



148  
CALORIES

1 Reduced-Fat String Cheese  
 1 Orange



One of the easiest ways to ensure diet success is by having your meals ready to go in advance! Spend some time over the weekend planning your menu and shopping, then set aside a few hours on Sunday to meal prep for the week ahead.

# FITNESS

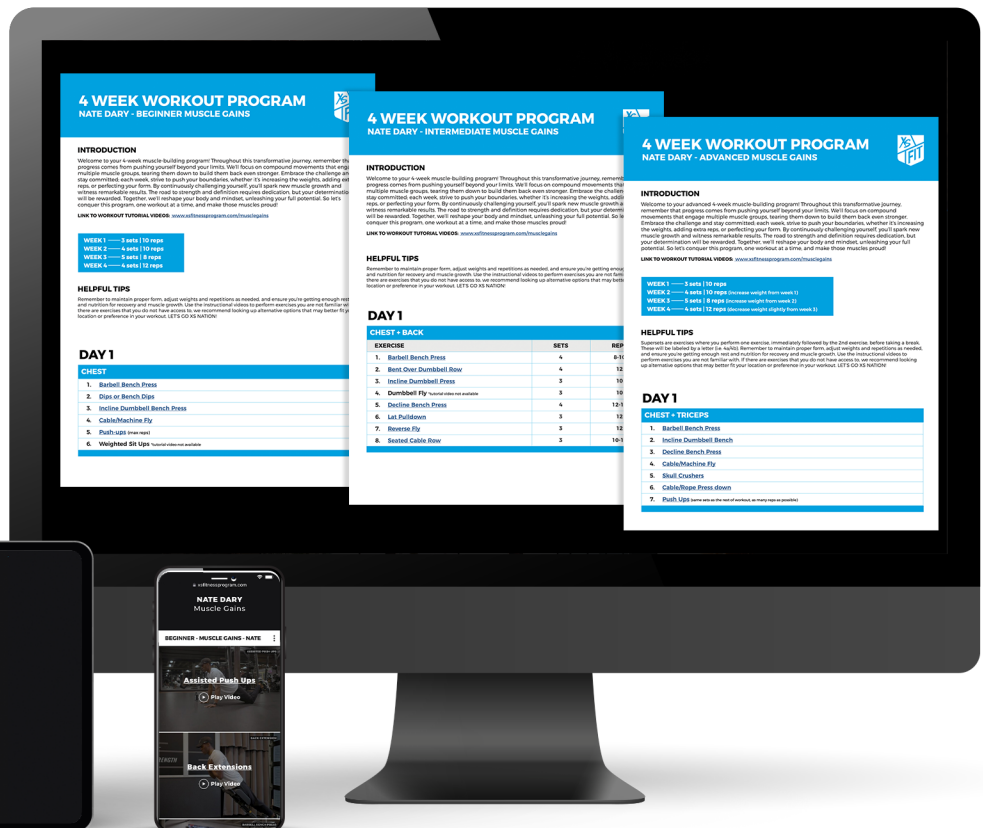
## XS Muscle Gains

Creating or maintaining a healthy fitness routine will not only help you feel better, but it will also boost the benefits of your diet changes and help accelerate your strength training goals overall. As a general guideline, start by scheduling 30-minute workouts at least three times per week.

- Try including any of the Weightlifting Programs available.
- Stretch before and after lifting to release lactic acid buildup and maximize your gains.
- When bulking, incorporate cardio 2-3 times each week either before or after your lifts. This will help to truly exhaust your muscles.
- Schedule time to speak with a trainer to create a targeted plan, ask the XS Fitness Community for their favorite workout recommendations, or even create your own workout.
- For great options at every fitness level, scan the QR code below to explore our Weightlifting Programs.



QR code to workouts



### 4 WEEK WORKOUT PROGRAM

NATE DARY - BEGINNER MUSCLE GAINS

**INTRODUCTION**

Welcome to your 4-week muscle building program! Throughout this transformative journey, remember that progress comes from pushing yourself beyond your limits. Shift focus on compound movements that target multiple muscle groups, leaving them down to build them back even stronger. Embrace the challenge as you committed each week. Time to push your boundaries, whether it's increasing the weight, adding sets, or perfecting your form. By continuously challenging yourself, you'll spark new muscle growth and witness remarkable results. The road to strength and definition requires dedication, but your effort will be rewarded. Together, we'll transform your body and mindset, unlocking your full potential. So let's conquer this program, one workout at a time, and make those muscles proud!

**LINK TO WORKOUT TUTORIAL VIDEOS:** [www.xsfitnessapp.com/muscle-gains](https://www.xsfitnessapp.com/muscle-gains)

**WEEK 1** — 3 sets | 10 reps  
**WEEK 2** — 4 sets | 10 reps  
**WEEK 3** — 5 sets | 8 reps  
**WEEK 4** — 4 sets | 12 reps

**HELPFUL TIPS**

Remember to maintain proper form, adjust weights and repetitions as needed, and ensure you're getting enough rest and nutrition for recovery and muscle growth. Use the instructional options to perform exercises you are not familiar with or those you are unsure that you do not have access to. Use instructional linking or alternative options that may better fit your location or preference in your workout. LET'S GO & NATION!

**DAY 1**

**CHEST**

1. Barbell Bench Press
2. Dip or Bench Dips
3. Incline Dumbbell Bench Press
4. Cable/Machine Fly
5. Push-Ups (see note)
6. Weighted Sit-Ups (see note and video)

### 4 WEEK WORKOUT PROGRAM

NATE DARY - INTERMEDIATE MUSCLE GAINS

**INTRODUCTION**

Welcome to your 4-week muscle building program! Throughout this transformative journey, remember that progress comes from pushing yourself beyond your limits. Shift focus on compound movements that target multiple muscle groups, leaving them down to build them back even stronger. Embrace the challenge as you committed each week. Time to push your boundaries, whether it's increasing the weight, adding sets, or perfecting your form. By continuously challenging yourself, you'll spark new muscle growth and witness remarkable results. The road to strength and definition requires dedication, but your effort will be rewarded. Together, we'll transform your body and mindset, unlocking your full potential. So let's conquer this program, one workout at a time, and make those muscles proud!

**LINK TO WORKOUT TUTORIAL VIDEOS:** [www.xsfitnessapp.com/muscle-gains](https://www.xsfitnessapp.com/muscle-gains)

**HELPFUL TIPS**

Remember to maintain proper form, adjust weights and repetitions as needed, and ensure you're getting enough rest and nutrition for recovery and muscle growth. Use the instructional options to perform exercises you are not familiar with or those you are unsure that you do not have access to. Use instructional linking or alternative options that may better fit your location or preference in your workout. LET'S GO & NATION!

**DAY 1**

**CHEST - BACK**

EXERCISE	SETS	REPS
1. Barbell Bench Press	4	8-12
2. Bent Over Dumbbell Row	4	12
3. Incline Dumbbell Press	3	10
4. Dumbbell Fly (see note or video)	3	10
5. Decline Bench Press	4	10-12
6. Lat Pulldowns	3	12
7. Reverse Fly	3	12
8. Seated Cable Row	3	10-8

### 4 WEEK WORKOUT PROGRAM

NATE DARY - ADVANCED MUSCLE GAINS

**INTRODUCTION**

Welcome to your advanced 4-week muscle building program! Throughout this transformative journey, remember that progress comes from pushing yourself beyond your limits. Shift focus on compound movements that target multiple muscle groups, leaving them down to build them back even stronger. Embrace the challenge as you committed each week. Time to push your boundaries, whether it's increasing the weight, adding sets, or perfecting your form. By continuously challenging yourself, you'll spark new muscle growth and witness remarkable results. The road to strength and definition requires dedication, but your effort will be rewarded. Together, we'll transform your body and mindset, unlocking your full potential. So let's conquer this program, one workout at a time, and make those muscles proud!

**LINK TO WORKOUT TUTORIAL VIDEOS:** [www.xsfitnessapp.com/muscle-gains](https://www.xsfitnessapp.com/muscle-gains)

**WEEK 1** — 5 sets | 10 reps  
**WEEK 2** — 6 sets | 12 reps (Increase weight from week 1)  
**WEEK 3** — 5 sets | 8 reps (Increase weight from week 2)  
**WEEK 4** — 6 sets | 12 reps (Increase weight from week 3)

**HELPFUL TIPS**

Remember to maintain proper form, adjust weights and repetitions as needed, and ensure you're getting enough rest and nutrition for recovery and muscle growth. Use the instructional options to perform exercises you are not familiar with or those you are unsure that you do not have access to. Use instructional linking or alternative options that may better fit your location or preference in your workout. LET'S GO & NATION!

**DAY 1**

**CHEST - TRICEPS**

1. Barbell Bench Press
1. Incline Dumbbell Bench
3. Decline Bench Press
4. Cable/Machine Fly
5. Skull Crushers
4. Cable/Row Press down
7. Push-Ups (see note and video or alternative)



Seeing true gains takes time! Keep that in mind when creating a fitness plan and remember it's just as important to schedule time for your body to recover. Try alternating your workouts between pushing to exhaustion and active recovery days. This isn't one-size fits all, so see what works best for you, and build a plan that allows you to have fun while you're getting those gains!

# PRODUCTS

## XS MUSCLE GAINS

Combined with the changes from your personal diet and fitness plan, the XS Muscle Gains Stack includes products chosen to help amplify your energy, support your body and joint health to experience greater gains and instantly level-up your workouts so you can achieve your size, strength and stamina goals even faster! Below is a breakdown of the products included in your 30-Day program as well as daily usage recommendations.

### THE XS MUSCLE GAINS STACK - \$238

- Nutralite™ Joint Health
- XS™ Boost + Focus
- XS™ Muscle Multiplier†
- XS™ Sports Protein Bars
- XS™ Protein Pods - x2



Please note that while we'll do our best to get all of your XS Muscle Gains products to you as quickly as possible, they may shipped in separate packages and may not arrive on the same date.

\*When combined with regular weight/resistance training and a healthy, balanced diet.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# MORNING WORKOUT PRODUCT USE REGIMEN 30-DAY



BREAKFAST	20-30MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	20-30 MINS AFTER WORKOUT	LUNCH	MID AFTERNOON SNACK	DINNER
Nutrilite Joint Health 2 Tablets with breakfast	XS Boost + Focus 1 Tablet		XS Muscle Multiplier EAA** 1 Scoop	XS Protein Shake 1 Pod	Nutrilite Joint Health 2 Tablets with lunch	XS Sports Protein Bar 1 Bar	Nutrilite Joint Health 2 Tablets with dinner



**XS Muscle Multiplier\* EAA delivers 3.2g of all 9 EAAs plus L-Arginine in a form that's ready for your body to use and proven to assist in lean muscle gains.\***



To get your body in optimal muscle-gains mode, drink 20-30 minutes prior to eating a high-protein meal or snack.

## XS MUSCLE MULTIPLIER\* EAA

**1-3X DAILY 1-SCOOP**

**What it does:** Helps build muscle when combined with regular weight/resistance training and a healthy diet.

**How to use it:** Mix with water and drink immediately post-workout. For additional benefits, you can also consume before, during workouts or in between meals.

**Why you'll love it:** Because more lean muscle = better performance, faster recovery, and ultimately more wins from healthy changes to your diet and exercise, XS Muscle Multiplier helps increase lean muscle mass, improve endurance, and help reduce body fat, revealing a more toned physique.

## NUTRILITE JOINT HEALTH

**3X DAILY 2 TABLETS**

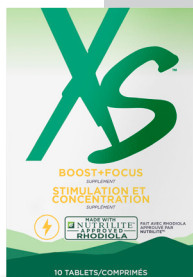
**What it does:** Ensures while you're building size, strength and stamina your body is getting the extra TLC it needs to sustain those gains with a blend of six ingredients, including glucosamine and chondroitin, to help support joint health, flexibility and mobility.

**How to use it:** Take two tablets in the morning with breakfast, two tablets with your lunch and two tablets at night with your dinner.

**Why you'll love it:** Because pushing your limits can take a serious toll on your body. This super-supporter supplement delivers everything you need to support healthy joints so you can stay fully focused on crushing your gains goals!

### BENEFITS

- 1500mg of Glucosamine HCl.
- Contains a powerful blend of six joint-supporting ingredients including glucosamine and chondroitin, at levels shown to support joint cartilage and connective tissue.
- Antioxidant protection and vitamin C from Nutrilite™ Acerola Cherry concentrate.



### BENEFITS

- 105mg of Rhodiola rosea to help improve mental focus and physical stamina.
- 85mg caffeine from green tea extract.
- 30mg Vitamin C to provide antioxidants for the maintenance of good health.
- Gluten, Dairy & Sugar Free.
- Non-CMO & Keto-Friendly.

## XS Boost + Focus

**1X DAILY (before workout) 1 TABLET, with food**

**What it does:** Helps maximize physical endurance, and mental focus so you can push your workouts further!

**How to use it:** Take with food before your workout for super-charged energy and focus.

**Why you'll love it:** Because when it's time to work out you need to be in the zone both mentally and physically, and this helps you do both!

\*When combined with regular weight/resistance training and a healthy, balanced diet.

# AFTERNOON WORKOUT PRODUCT USE REGIMEN 30-DAY

Product usage recommendations based on someone working out after consuming two meals.

	BREAKFAST	LUNCH	20-30 MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	20-30 MINS AFTER WORKOUT	MID AFTERNOON SNACK	DINNER
	Nutriline Joint Health 2 Capsules with breakfast	Nutriline Joint Health 2 Tablets with lunch	XS Boost + Focus 1 Tablet		XS Muscle Multiplier EAA 1 Scoop	XS Protein Shake 1 Pod	XS Sports Protein Bar 1 Bar	Nutriline Joint Health 2 Capsules with dinner



## BENEFITS

- 20g Whey Protein Isolate and 4.4g BCAAs\*.
- Zero fat and sugar.
- 90 calories.
- Naturally flavored and sweetened with Stevia.
- Quick-dissolving, food-grade pods make it easy to take on the go.

\*Branch-Chain Amino Acids

## XS PROTEIN PODS

**1X DAILY** 1-POD

**What it does:** Delivers fast-acting whey protein and BCAAs to help build and repair muscles in adventure-ready, no mess pods.

**How to use it:** Shake up a high-protein snack anytime or make after your workout to help build and repair muscle.

**Why you'll love it:** Because whether you're team chocolate or vanilla, this little power pod delivers everything you want from a protein shake – and tastes so good you'll actually look forward to drinking it!

## XS SPORTS PROTEIN BARS

**1X DAILY** 1 BAR

**What it does:** Supplies a delicious double-dose of protein with fast-acting whey and slow-release casein to build and repair lean muscle.

**How to use it:** Indulge in a mid-morning or afternoon protein-packed snack.

**Why you'll love it:** Because it tastes like a snack, but it's actually a protein powerhouse. Whey protein is digested quickly, while casein, another protein, is more slowly digested.

## BENEFITS

- Made with real peanut butter or blueberries.
- No artificial colors, flavors, sweeteners or preservatives.
- Powered by 20 grams of whey and casein proteins.
- Gluten-free.



# EVENING WORKOUT PRODUCT USE REGIMEN 30-DAY

Product usage recommendations based on someone working out after consuming two meals.

	BREAKFAST	MID MORNING SNACK	LUNCH	MID AFTERNOON SNACK	20-30 MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	DINNER
	Nutriline Joint Health 2 Tablets with breakfast	XS Protein Shake 1 Pod	Nutriline Joint Health 2 Tablets with lunch	XS Sports Protein Bar 1 Bar	XS Boost + Focus 1 Tablet		XS Muscle Multiplier EAA 1 Scoop	Nutriline Joint Health 2 Tablets with dinner

# TRACK YOUR PROGRESS

While you'll want to revisit your fitness goals and micro-habits daily, use this page to track your gains along the way. You've already captured your baseline weight and measurements on page 8. As an optional check-in, use the Day 8 - Measurements chart below to track any initial changes you may have experienced after your first full week with the program. Whether you see gains, losses or no significant changes, this is also a perfect time to touch base with your XS Fit Coach, review any questions you may have on your diet and fitness plans, ask for advice on product usage or even ask about additional products you may want to try. Then, use the Day 31 - Measurements to:

- Track your measurements post-XS Muscle Gains Program.
- Take note of your updated measurements.
- Capture your new progress pics, compare them to day 1, and let even the smallest changes motivate you to keep going!



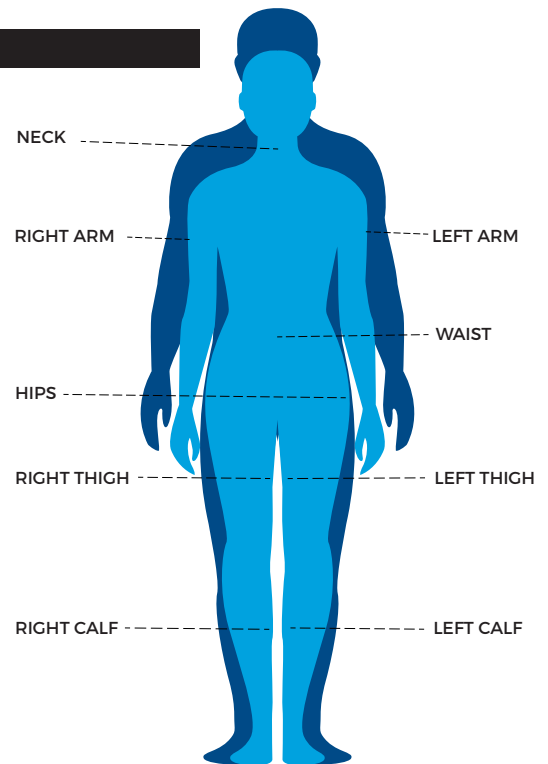
Remember, if weight gain/loss and measurements aren't how you're defining success, that's fine! Take some time here to think about the positive changes you have noticed.

## DAY 8 - MEASUREMENTS

Date:	Weight:
<input type="text"/>	<input type="text"/>
Arm (R):	Thigh (R):
<input type="text"/>	<input type="text"/>
Arm (L):	Thigh (L):
<input type="text"/>	<input type="text"/>
Chest:	Neck:
<input type="text"/>	<input type="text"/>
Waist:	Calf (R):
<input type="text"/>	<input type="text"/>
Hips:	Calf (L):
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## DAY 31 - MEASUREMENTS

Date:	Weight:
<input type="text"/>	<input type="text"/>
Arm (R):	Thigh (R):
<input type="text"/>	<input type="text"/>
Arm (L):	Thigh (L):
<input type="text"/>	<input type="text"/>
Chest:	Neck:
<input type="text"/>	<input type="text"/>
Waist:	Calf (R):
<input type="text"/>	<input type="text"/>
Hips:	Calf (L):
<input type="text"/>	<input type="text"/>



No matter how big or small your changes, this is a perfect time to puff out your chest, admire your abs, dance like no one's watching, or do whatever it is you do to celebrate your fierceness! If nothing else, take a moment to feel proud and acknowledge you made a commitment to yourself and followed through on it. You just finished 30 days of focused muscle gains work: that alone is a great success!

Take some time to reflect on your experience, revisit your goals and micro-habits, and then use the space below to capture some of your wins, likes, dislikes, etc.

Here are some ideas to get you started:

- What were you able to learn or what were your biggest takeaways from the past 30 days?
- How do you feel? More confident/proud/stronger? Do you have more energy?
- Did you find workouts you love for both building muscle and improving stamina?
- Were there any products you can't believe you've survived this long without?

Finally, ask yourself the one question every adventurer thinks about...

**What's your next fitness journey going to be?**

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# CONTINUE THE ADVENTURE

The great thing about this XS Fitness Program is it was designed with flexibility and an understanding that while your goals may change over time, your fitness journey never ends. So, what's the right next step for you?

- Maybe life happened, you're still working toward your original fitness goal, or you want to keep the momentum going, push your goals even further and commit to repeating the XS Muscle Gains Program again?
- Perhaps you reached your gains goals or just want to shift your focus and tone up with the XS Toning Program?
- Or, maybe you want to schedule your next XS Fitness adventure for a future date on the calendar when you're feeling ready to push your limits further and dive back in?

As you're finishing up your program, be sure to talk to your XS Fit Coach. They can help you make a plan, and whatever path you choose, you've already got the XS Fitness framework, community, products and support in place to continue your journey toward living a better, healthier life.