

XS FITNESS GUIDEBOOK

XS MUSCLE GAINS PROGRAM

START YOUR ADVENTURE TO
A BETTER LIFE



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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 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 5-30

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.

	XS Muscle Gains
Program Duration	30 days
Fitness Goal	Build size, strength and stamina
Workout Duration	30-60 minutes
Types of Workout	Strength training and high-intensity interval training (HIIT)
Resources for Support	-Program guide -Workout videos -Diet plan -Recommended product regimen
Intensity	Beginner, intermediate and advanced
Products Included	XS MUSCLE GAINS STACK -Nutralite™ Joint Health -XS Boost + Focus -XS Muscle Multiplier* -XS Sports Protein Bars -XS Grass-Fed Whey Protein – x2 
Cost	\$374

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.

†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.



XS FITNESS

XS MUSCLE GAINS

HOW TO USE YOUR XS FITNESS – XS MUSCLE GAINS STACK

Get excited! You're about to seriously level-up your fitness game. Our 30-day XS Muscle Gains Stack 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 four-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 one to two **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 ongoing fitness journey.

Now, pick one to two points you want to work toward first to create your S.M.A.R.T. Goals.

For example:

- This week I will gain one to two pounds by increasing my diet by 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 1-1.5 grams 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 four times per week and 20-30 minutes of cardio two times 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 Boost + Focus 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:

Write out 1-2 micro-habits.

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.

STEP 3

TAKE YOUR BASELINE & TRACK YOUR ASSESSMENTS

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:

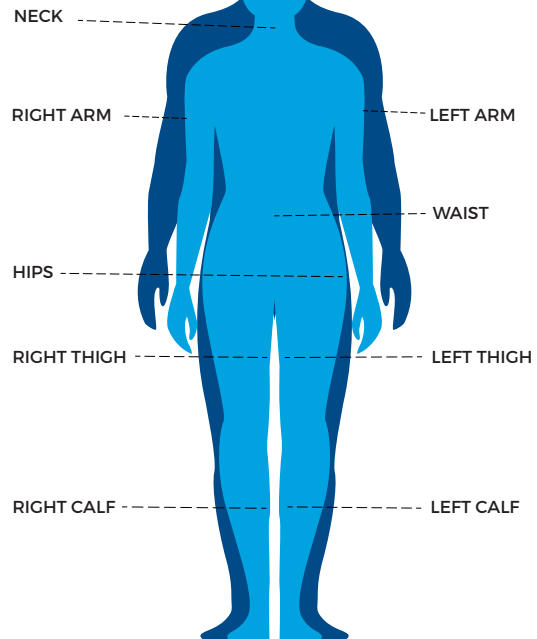
Neck:

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!

MUSCLE GAINS PROGRAM

FITNESS ASSESSMENT



INTRODUCTION

For the XS Muscle Gains (Strength Training) Fitness Program, the goal is to measure improvements in muscular strength, power and functional capacity. This type of program typically focuses on increasing the maximal amount of weight a participant can lift in different exercises. Here are some effective physical assessments for tracking strength gains:

TESTING SAFETY TIPS

- Make sure to properly warm up before performing any of these assessments.
- Always have a spotter for heavy lifts!
- Ensure you understand and use proper form to minimize injury risk.

PRE-WORKOUT PROGRAM ASSESSMENT

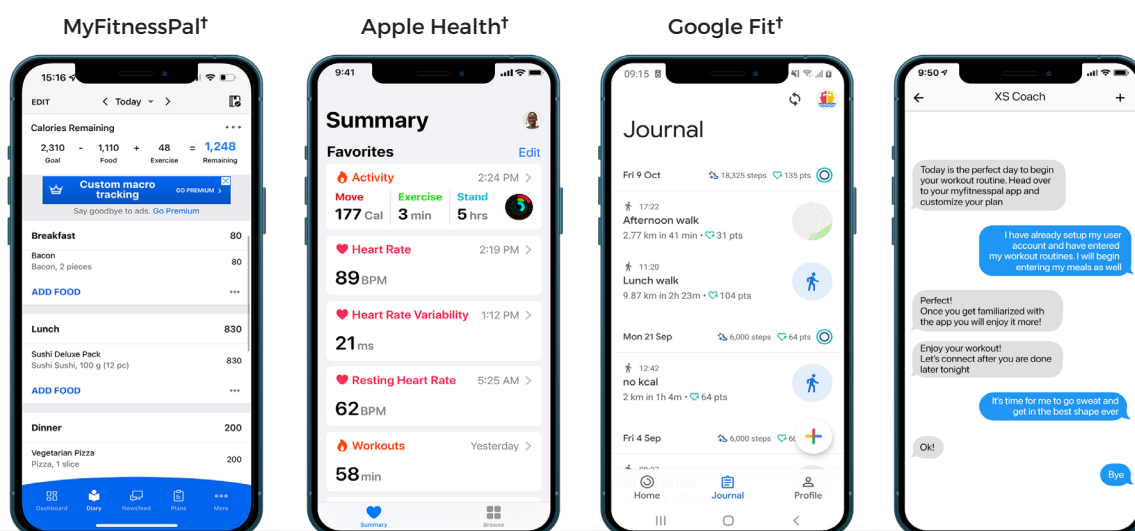
REPS	ASSESSMENT	DESCRIPTION	PURPOSE	ENTRY
Three rep max	Bench press Tip: Ensure a proper warm-up and use spotters for safety.	The maximum weight a participant can press for three repetitions with proper form.	Tests upper body strength, primarily in the chest, shoulders and triceps.	
Three rep max	Back squat Variation: Use dumbbells, a kettlebell or another piece of equipment to perform the squat, if needed. Can alternatively perform a barbell front squat or goblet squat depending on your level.	The maximum weight a participant can back squat for three reps, maintaining proper depth (hips below parallel).	Assesses lower body strength, including the quads, hamstrings and glutes.	
Three rep max	Deadlift Tip: Use either conventional or Romanian deadlift based on your preference and biomechanics.	The maximum weight a participant can lift for three reps from the ground using proper form.	Evaluates total body strength, particularly in the posterior chain (glutes, hamstrings, lower back).	
Three rep max	Overhead (shoulder) press Alternative: Use a seated press for added stability, if needed.	The maximum weight a participant can press overhead for three reps.	Tests upper body pressing strength, focusing on shoulders.	
Max reps	Pull-ups Variation: Use assisted pull-ups or a lat pull-down machine if participants cannot perform bodyweight pull-ups.	Maximum number of pull-ups performed with proper form.	Assesses upper body pulling strength (back, biceps and core).	

STEP 4 COMMUNITY & SUPPORT

Whether this is your first XS Fitness Program or fifteenth, we 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 the XS Fitness private Facebook^{®†} 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. Join our amazing fitness community Facebook group (scan the QR code or [click the link here](#)) and watch for an invite from your XS Fit Coach (Upline) to join their private group.
- ❑ **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[†], Apple Health[†] and Google Fit[†]. 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.



[†]Facebook is a registered trademark of Meta Platforms, Inc.; MyFitnessPal is a registered trademark of MyFitnessPal Inc.; Apple Health is a registered trademark of Apple Inc.; 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 and your XS Fit Coach.



DIET PLAN

XS MUSCLE GAINS

Build with purpose: A fueled path to more muscle and power

Welcome to your ultimate muscle gains nutrition guide – developed in collaboration with a certified nutritionist to help you fuel with purpose, train with intensity and build a stronger, more powerful physique. This comprehensive plan delivers expert insights, proven strategies and detailed meal plans for 2,600 and 3,600 calorie targets to support muscle growth and recovery. Whether you're looking to pack on lean muscle, enhance strength or boost performance, you'll learn how to eat to fuel your workouts, optimize recovery and drive lasting results. Use the Mifflin-St Jeor[†] equation to personalize your daily caloric needs and build a plan that fits your goals and your body.



[†] The Mifflin-St Jeor equation is a formula used for adults to estimate resting metabolic rate (RMR), which is the total daily calories your body burns at rest. The equation is prone to a margin of error because it is unable to discern all the differences between humans such as body composition. In particular, additional errors may arise when the equation is used with adults with a BMI equal or greater than 25kg/m² (for Caucasians) and 23kg/m² (for Asians). For individuals with known health conditions or seeking information that is tailored to your regiment, please seek the help and guidance of a registered dietitian or health care provider. This equation is not developed, endorsed or affiliated with Amway or its products. This equation is provided for informational purposes only.

DIET PLAN

XS MUSCLE GAINS

2,600 calorie daily target

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

SAVORY OATS WITH EGG WHITES & TURKEY BACON

INGREDIENTS

½ cup rolled oats
½ cup egg whites
1 slice turkey bacon (chopped)
1 tsp olive oil
Salt, pepper and paprika to taste

Cook oats according to package directions. Cook turkey bacon in a pan and remove when crisp. Add egg whites to the pan and scramble. Top oats with egg whites and chopped bacon. Drizzle with olive oil.

410
CALORIES

30g
PROTEIN

16g
FAT

35g
CARBS

4g
FIBER

GREEK YOGURT BANANA BOWL

INGREDIENTS

1 cup plain non-fat Greek yogurt
½ banana (sliced)
1 tbsp almond butter
1 tbsp chia seeds
¼ cup granola (low sugar)

Combine all ingredients in a bowl. Chill for 5 minutes or serve immediately.

440
CALORIES

32g
PROTEIN

20g
FAT

34g
CARBS

6g
FIBER

MUSCLE-BUILDER SCRAMBLE WRAP

INGREDIENTS

2 whole eggs
3 egg whites
¼ avocado, sliced
½ cup black beans, rinsed
1 medium whole wheat tortilla
2 tbsp salsa

Scramble eggs and whites in a pan. Warm tortilla and layer in eggs, beans, avocado and salsa. Roll it up and enjoy!

475
CALORIES

28g
PROTEIN

22g
FAT

38g
CARBS

8g
FIBER

PROTEIN POWER PANCAKES

INGREDIENTS

1 scoop XS vanilla grass-fed whey protein
½ cup oats
¼ cup cottage cheese
1 egg
½ tsp baking powder
Optional: cinnamon or vanilla extract

Blend all ingredients. Cook on a non-stick skillet over medium heat until bubbles form. Flip and cook another 2-3 minutes.

400
CALORIES

35g
PROTEIN

15g
FAT

30g
CARBS

5g
FIBER

COTTAGE CHEESE & BERRY PARFAIT

INGREDIENTS

¾ cup low-fat cottage cheese
½ cup mixed berries
2 tbsp crushed almonds or walnuts
½ tbsp honey

Layer berries and cottage cheese in a glass. Top with nuts and drizzle of honey

425
CALORIES

28g
PROTEIN

20g
FAT

30g
CARBS

4g
FIBER

HIGH-PROTEIN SMOOTHIE

INGREDIENTS

1 scoop XS chocolate grass-fed whey protein
½ banana
1 tbsp peanut butter
½ cup oats
1 cup almond milk (unsweetened)

Blend all ingredients until smooth. Serve cold.

480
CALORIES

32g
PROTEIN

20g
FAT

42g
CARBS

6g
FIBER

DIET PLAN

XS MUSCLE GAINS

2,600 calorie daily target

BREAKFAST

SMOKED SALMON & AVOCADO TOAST

INGREDIENTS

1 slice whole grain bread Lemon juice + pepper
2 oz smoked salmon
¼ avocado (smashed)
1 poached or soft-boiled egg

Toast the bread. Top with smashed avocado, salmon and egg. Add lemon juice and pepper to taste.

440
CALORIES

28g
PROTEIN

24g
FAT

28g
CARBS

6g
FIBER

TURKEY & VEGGIE EGG MUFFINS + TOAST

INGREDIENTS

2 eggs 1 slice whole-grain bread
2 egg whites
¼ cup diced bell peppers/onions
1 oz ground turkey

Preheat oven to 375°F (190°C). Whisk eggs and whites, stir in veggies and turkey. Pour into muffin tins and bake 20 mins. Serve with toast.

460
CALORIES

32g
PROTEIN

22g
FAT

32g
CARBS

4g
FIBER

LUNCH

GRILLED CHICKEN & QUINOA POWER BOWL

INGREDIENTS

1 grilled chicken breast (4 oz) ½ cup steamed spinach
½ cup cooked quinoa 1 tsp olive oil
¼ avocado (sliced) Lemon juice
½ cup cherry tomatoes

Slice grilled chicken. Layer quinoa, tomatoes, avocado and spinach in a bowl. Top with olive oil and lemon juice to taste.

470
CALORIES

35g
PROTEIN

20g
FAT

32g
CARBS

5g
FIBER

TURKEY & SWEET POTATO MASH-UP

INGREDIENTS

4 oz lean ground turkey ½ cup steamed broccoli
1 medium sweet potato (baked, -1 cup) ¼ tsp garlic powder
½ tbsp olive oil Salt and pepper to taste

Brown turkey in a skillet over medium heat, season with garlic powder. Turkey is cooked once it has reached an internal temperature of 165°F. Mash sweet potato with olive oil and salt/pepper to taste. Serve turkey over the potato mash with broccoli on the side.

450
CALORIES

32g
PROTEIN

18g
FAT

35g
CARBS

6g
FIBER

TUNA & BROWN RICE LUNCH BOWL

INGREDIENTS

1 can tuna in water (drained) 1 tbsp olive oil
½ cup cooked brown rice 1 tbsp lemon juice
½ cup cucumber (diced) Salt, dill, pepper

Mix tuna with lemon juice, salt, pepper and dill. Layer brown rice and cucumber. Top with tuna and olive oil.

490
CALORIES

35g
PROTEIN

24g
FAT

34g
CARBS

4g
FIBER

CHICKEN WRAP WITH HUMMUS

INGREDIENTS

4 oz grilled chicken breast (sliced) ¼ cup shredded carrots
1 whole wheat wrap ¼ cup spinach
2 tbsp hummus

Spread hummus on wrap. Add chicken and veggies. Roll it up tight and serve.

460
CALORIES

30g
PROTEIN

20g
FAT

36g
CARBS

5g
FIBER

DIET PLAN

XS MUSCLE GAINS

2,600 calorie daily target

LUNCH

LENTIL & EGG RICE BOWL

INGREDIENTS

½ cup cooked lentils
½ cup cooked jasmine or brown rice
1 boiled egg (sliced)
¼ avocado
1 tbsp tahini or hummus

Layer rice and lentils. Top with sliced egg, avocado and tahini.

470

CALORIES

25g

PROTEIN

22g

FAT

38g

CARBS

7g

FIBER

BISON & VEGGIE STIR FRY

INGREDIENTS

4 oz ground bison or lean beef
½ cup cooked brown rice
1 tsp sesame oil
1 tbsp low-sodium soy sauce
½ cup mixed stir-fry vegetables

Brown bison in a pan over medium heat for approximately 8 minutes. Bison is cooked once it has reached an internal temperature of at least 160°F. Add veggies, soy sauce and sesame oil to pan, toss, and sauté for an additional 3-4 minutes or until vegetables have reached desired texture. Serve over rice.

500

CALORIES

35g

PROTEIN

24g

FAT

32g

CARBS

5g

FIBER

SHRIMP & COUSCOUS BOWL

INGREDIENTS

4 oz cooked shrimp
½ cup cooked whole wheat couscous
¼ cup diced bell peppers
½ tbsp olive oil
Lemon zest and pepper to taste

Sauté shrimp with bell peppers in olive oil over medium-heat for 4-5 minutes. Shrimp should turn opaque, pink, and firm once cooked. Serve over warm couscous and season with lemon and pepper to taste.

430

CALORIES

30g

PROTEIN

18g

FAT

35g

CARBS

4g

FIBER

CHICKPEA & CHICKEN SALAD BOWL

INGREDIENTS

½ cup canned chickpeas (rinsed)
3 oz grilled, cubed chicken breast
½ cup cherry tomatoes (whole or cut in half)
¼ cup diced cucumber
1 tbsp olive oil
Lemon juice, salt, pepper and herbs to taste

Combine all ingredients in a bowl. Chill or serve immediately.

460

CALORIES

32g

PROTEIN

22g

FAT

30g

CARBS

6g

FIBER

DINNER

BAKED SALMON WITH QUINOA & ASPARAGUS

INGREDIENTS

4 oz salmon fillet
½ cup cooked quinoa
½ cup asparagus
½ tbsp olive oil
Lemon + dill to taste

Preheat oven to 400°F (200°C). Bake salmon and asparagus for 15-20 min. Serve with quinoa, drizzle olive oil, and lemon juice, and dill.

500

CALORIES

34g

PROTEIN

24g

FAT

32g

CARBS

4g

FIBER

GROUND TURKEY TACO SKILLET

INGREDIENTS

4 oz lean ground turkey
½ cup cooked brown rice
¼ cup black beans
¼ cup salsa
1 tbsp shredded cheese
¼ avocado
1 tbsp of taco seasoning

Cook turkey in a skillet with taco seasoning over medium heat for 10-12 minutes or until turkey has reached an internal temperature of 165°F. Stir in rice and beans. Top with salsa, cheese, and avocado.

480

CALORIES

32g

PROTEIN

22g

FAT

35g

CARBS

6g

FIBER

DIET PLAN

XS MUSCLE GAINS

2,600 calorie daily target

DINNER

GRILLED CHICKEN PESTO ZOODLES

INGREDIENTS

4 oz grilled chicken breast 1 tsp olive oil
1 cup zucchini noodles (zoodles)
½ cup cherry tomatoes, halved
1 tbsp pesto

Sauté zoodles, cherry tomatoes and olive oil over medium heat for 3-6 minutes or until desired level of crispness for both. Add pesto and toss. Slice grilled chicken, place on top of zoodles with pesto and serve.

430
CALORIES

30g
PROTEIN

26g
FAT

20g
CARBS

4g
FIBER

STEAK WITH ROASTED POTATOES & BROCCOLI

INGREDIENTS

4 oz sirloin steak 1 tsp olive oil + 1 sprig of fresh
½ cup roasted baby potatoes rosemary (or 1 tsp of your herb
½ cup broccoli (steamed or of choice)
roasted) Salt and pepper to taste

Grill or pan sear steak to preferred doneness. Roast potatoes at 400°F for 25 min with olive oil and herbs. Serve with steamed or roasted broccoli. Add salt and pepper to taste.

495
CALORIES

35g
PROTEIN

24g
FAT

30g
CARBS

5g
FIBER

TOFU STIR-FRY WITH RICE

INGREDIENTS

¾ cup tofu (cubed, firm) 1 tbsp soy sauce
½ cup cooked jasmine rice 1 tsp sesame oil
½ cup stir-fry veggies (bell pepper,
broccoli, carrots)

Sauté tofu in sesame oil over medium heat, flipping occasionally until golden brown and crispy (approximately 5-10 minutes). Add veggies and soy sauce, stir-fry until tender. Serve over warm rice.

460
CALORIES

28g
PROTEIN

20g
FAT

36g
CARBS

5g
FIBER

BISON & QUINOA STUFFED PEPPERS

INGREDIENTS

1 bell pepper (halved) ½ tbsp olive oil
3 oz ground bison or lean beef Garlic, onion, paprika
½ cup cooked quinoa
¼ cup diced tomatoes

Sauté bison over medium heat with seasoning for approximately 8 minutes. Bison is cooked once it has reached an internal temperature of at least 160°F. Mix with quinoa and tomatoes. Stuff into pepper halves and bake at 375°F for 25 min.

480
CALORIES

32g
PROTEIN

22g
FAT

34g
CARBS

6g
FIBER

SHRIMP STIR-FRY WITH RICE NOODLES

INGREDIENTS

4 oz shrimp (peeled) ½ tsp sesame oil
½ cup cooked rice noodles
½ cup snap peas & carrots
1 tbsp teriyaki or soy sauce

Stir fry shrimp and veggies in sesame oil over medium heat for approximately 4-5 minutes and until shrimp has turned opaque and pink in color and is firm. Add cooked rice noodles and teriyaki sauce. Toss until well coated.

455
CALORIES

30g
PROTEIN

18g
FAT

36g
CARBS

4g
FIBER

LENTIL & CHICKEN CURRY

INGREDIENTS

3 oz diced chicken breast 1 tsp curry powder
½ cup cooked lentils 1 clove garlic (minced)
¼ cup coconut milk 2 tbsp diced onion
½ cup spinach ¼ tsp ground cumin

Sauté chicken with garlic and onion. Stir in lentils, coconut milk and spices. Add spinach and simmer 10 min.

470
CALORIES

32g
PROTEIN

22g
FAT

34g
CARBS

6g
FIBER

DIET PLAN

XS MUSCLE GAINS

3,600 calorie daily target

BREAKFAST

POWER PROTEIN OATS WITH EGGS

INGREDIENTS

¾ cup rolled oats
1 scoop vanilla XS whey protein
1 tbsp peanut butter
½ banana (sliced)
2 boiled eggs

Cook oats; stir in protein powder after removing from heat. Top with peanut butter and banana. Serve with boiled eggs on the side.

610
CALORIES

38g
PROTEIN

22g
FAT

64g
CARBS

8g
FIBER

SWEET POTATO SCRAMBLE BOWL

INGREDIENTS

1 small, baked sweet potato (cubed)
2 eggs + 2 egg whites
½ avocado, sliced
¼ cup black beans, rinsed
1 tsp olive oil

Sauté, cube and baked sweet potato in olive oil until tender. Scramble eggs, then combine with beans and potato. Top with avocado slices.

590
CALORIES

32g
PROTEIN

28g
FAT

58g
CARBS

9g
FIBER

HIGH-CALORIE BREAKFAST SMOOTHIE

INGREDIENTS

1 ½ scoops XS grass-fed whey protein
½ cup oats
1 tbsp almond butter
1 banana
1 tbsp flaxseeds
1 cup oat milk (or almond milk)

Blend all ingredients until smooth. Chill or serve with ice.

645
CALORIES

40g
PROTEIN

27g
FAT

60g
CARBS

7g
FIBER

PROTEIN PANCAKES + GREEK YOGURT

INGREDIENTS

1 scoop XS grass-fed whey protein
½ cup oats
1 egg
¼ cup cottage cheese
½ tsp baking powder
½ cup Greek yogurt (on side)
Cinnamon or vanilla (optional)

Blend pancake batter and cook in a non-stick skillet over medium-heat until bubbles form (approximately 2-3 minutes). Flip and repeat. Serve with Greek yogurt on the side or spread on top.

585
CALORIES

42g
PROTEIN

22g
FAT

50g
CARBS

6g
FIBER

BAGEL & LOX DELUXE

INGREDIENTS

1 whole wheat bagel
2 oz smoked salmon
1 boiled egg
1 tbsp cream cheese
Tomato, onion, arugula as desired

Toast bagel and spread cream cheese. Add salmon, sliced boiled egg and toppings.

600
CALORIES

35g
PROTEIN

25g
FAT

50g
CARBS

5g
FIBER

COTTAGE CHEESE POWER BOWL

INGREDIENTS

1 cup low-fat cottage cheese
½ cup blueberries
½ banana
2 tbsp chopped walnuts
1 tsp honey
1 slice whole wheat toast

Mix cottage cheese, fruit, honey and nuts in a bowl. Serve with toast on the side.

570
CALORIES

32g
PROTEIN

24g
FAT

48g
CARBS

6g
FIBER

DIET PLAN

XS MUSCLE GAINS

3,600 calorie daily target

BREAKFAST

BREAKFAST BURRITO SUPREME

INGREDIENTS

3 eggs
½ cup black beans, rinsed
¼ avocado, sliced
½ cup baked sweet potato (cubed)
½ tbsp avocado oil
1 large whole wheat tortilla
Salsa

Sauté the cubed, baked sweet potatoes on medium-heat in frying pan with avocado oil for 2-3 minutes, then add eggs and scramble until eggs are cooked. Wrap all ingredients into the tortilla and top with salsa.

640
CALORIES

34g
PROTEIN

28g
FAT

64g
CARBS

9g
FIBER

TURKEY BACON & CHEESE EGG SANDWICH

INGREDIENTS

1 whole grain english muffin
2 eggs
2 slices turkey bacon
1 slice cheddar cheese
½ tbsp butter

Cook turkey bacon and eggs. Toast English muffin with butter. Stack eggs, cheese and bacon between halves.

590
CALORIES

34g
PROTEIN

28g
FAT

44g
CARBS

4g
FIBER

LUNCH

GRILLED CHICKEN & PESTO PASTA BOWL

INGREDIENTS

4 oz grilled chicken breast
1 cup cooked whole wheat pasta
1 tbsp pesto
½ cup cherry tomatoes
1 tsp olive oil

Toss cooked pasta with pesto, olive oil and cherry tomatoes. Top with sliced grilled chicken breast and serve.

635
CALORIES

42g
PROTEIN

22g
FAT

65g
CARBS

6g
FIBER

GROUND BEEF & RICE BOWL

INGREDIENTS

4 oz 90% lean ground beef
1 cup cooked white rice
½ cup steamed broccoli
1 tsp olive oil
1 tbsp low-sodium soy sauce

Brown the ground beef in a skillet over medium heat for approximately 6-10 minutes or until an internal temperature of 160°F is reached. Steam broccoli. Serve rice in a bowl, top with beef and broccoli, drizzle with soy sauce and olive oil.

640
CALORIES

40g
PROTEIN

26g
FAT

60g
CARBS

4g
FIBER

TUNA & CHICKPEA POWER SALAD

INGREDIENTS

1 can tuna in water (drained)
½ cup canned chickpeas (rinsed)
¼ cup diced cucumber
¼ cup tomatoes
1 tbsp olive oil
1 tbsp lemon juice
Salt, pepper, parsley to taste

Mix all ingredients in a large bowl. Chill for 10 minutes or serve immediately.

610
CALORIES

38g
PROTEIN

28g
FAT

45g
CARBS

8g
FIBER

TURKEY BURGER & ROASTED POTATO WEDGES

INGREDIENTS

1 lean turkey burger (4-5 oz patty)
1 whole grain bun
1 medium potato (wedged & roasted)
½ tbsp avocado oil
Salt and pepper to taste
Lettuce, tomato, mustard

Cook turkey burger on grill or skillet. Mix potato wedges in a bowl with avocado oil, salt and pepper to taste. Place the potatoes on a baking sheet and into the oven at 425°F for 25 minutes or until the wedges are soft to the center when poked with a fork. Assemble burger with toppings and serve with potato wedges.

650
CALORIES

40g
PROTEIN

26g
FAT

58g
CARBS

6g
FIBER

DIET PLAN

XS MUSCLE GAINS

3,600 calorie daily target

LUNCH

CHICKEN BURRITO BOWL

INGREDIENTS

4 oz grilled chicken breast 2 tbsp salsa
¾ cup cooked brown rice 1 tbsp shredded cheese
¼ cup black beans, rinsed
¼ avocado (sliced)

Place rice in a bowl and layer chicken, beans, avocado and salsa. Sprinkle cheese on top and serve warm or chilled.

625
CALORIES

38g
PROTEIN

20g
FAT

64g
CARBS

8g
FIBER

SHRIMP STIR-FRY WITH UDON NOODLES

INGREDIENTS

5 oz shrimp, de-veined 1 tsp sesame oil
¾ cup cooked udon noodles 1 tbsp low-sodium soy sauce
½ cup mixed vegetables (e.g. bell peppers, carrots, snap peas)

Stir fry shrimp and veggies in sesame oil over medium heat for approximately 4-5 minutes until shrimp has turned opaque and pink in color and is firm. Add noodles and soy sauce, toss everything together until heated through and serve.

610
CALORIES

36g
PROTEIN

22g
FAT

60g
CARBS

5g
FIBER

BISON & COUSCOUS BOWL

INGREDIENTS

4 oz ground bison ½ tbsp olive oil
1 cup cooked whole wheat couscous ¼ tsp of garlic powder and cumin
½ cup sautéed spinach Salt and pepper to taste

Cook bison with seasonings in a skillet over medium heat for approximately 8-minutes or until the bison has reached an internal temperature of 160°F. Cook couscous and stir in olive oil. Combine all in a bowl with spinach.

645
CALORIES

42g
PROTEIN

24g
FAT

58g
CARBS

6g
FIBER

GRILLED TOFU & QUINOA BOWL

INGREDIENTS

¾ cup firm tofu (cubed) 1 tbsp avocado oil
½ cup cooked quinoa 1 tbsp tahini
½ cup roasted veggies (e.g. zucchini, peppers) Salt and pepper to taste
¼ tsp ground cumin
Lemon juice to taste

Grill or pan sear tofu until golden brown over medium heat with ½ of avocado oil, flipping occasionally until golden brown and crispy (approximately 5-10 minutes). Combine the veggies, remaining avocado oil, cumin and salt/pepper to taste on a baking sheet and roast at 400°F for approximately 20-25 minutes or until vegetables have reached your desired texture. Combine everything in a bowl and drizzle with tahini and lemon.

630
CALORIES

35g
PROTEIN

24g
FAT

62g
CARBS

7g
FIBER

DINNER

TERIYAKI CHICKEN & RICE STIR-FRY

INGREDIENTS

6 oz chicken breast (cubed) 1 tsp sesame oil
1 cup cooked white rice
½ cup broccoli + bell peppers
1 tbsp low-sodium teriyaki sauce

Sauté chicken in sesame oil until browned and until chicken is fully cooked. Add veggies and teriyaki sauce; cook until tender. Serve over rice.

650
CALORIES

42g
PROTEIN

21g
FAT

66g
CARBS

5g
FIBER

BISON TACO BOWL

INGREDIENTS

5 oz ground bison 2 tbsp salsa
¾ cup cooked brown rice
½ cup black beans
¼ avocado (sliced)

Brown bison and season with cumin, paprika and garlic. Warm the beans and layer all ingredients in a bowl. Top with salsa and avocado.

670
CALORIES

38g
PROTEIN

26g
FAT

65g
CARBS

5g
FIBER

DIET PLAN

XS MUSCLE GAINS

3,600 calorie daily target

DINNER

LEMON GARLIC SALMON & COUSCOUS

INGREDIENTS

5 oz salmon fillet
 ¾ cup cooked couscous
 1 cup spinach
 1 tsp olive oil

Fresh lemon juice, garlic and dill to season

Bake salmon with lemon, garlic and dill at 400°F for approximately 15-minutes. Steam spinach and drizzle with olive oil. Serve over couscous.

660
CALORIES

35g
PROTEIN

30g
FAT

58g
CARBS

5g
FIBER

TURKEY MEATBALLS & PASTA

INGREDIENTS

4 turkey meatballs (about 5 oz lean ground turkey)
 1 cup cooked whole-wheat pasta
 ½ cup marinara sauce

1 tsp olive oil
 1 tbsp Parmesan cheese

Bake meatballs at 375°F for approximately 15-20 minutes. Heat pasta and marinara, then stir in olive oil. Top with meatballs and Parmesan.

680
CALORIES

40g
PROTEIN

24g
FAT

70g
CARBS

6g
FIBER

CHICKEN ENCHILADA BAKE

INGREDIENTS

4 oz shredded, cooked chicken breast
 ½ cup black beans
 2 small corn tortillas

¼ cup enchilada sauce
 1 tbsp shredded cheddar cheese
 Fresh cilantro

Layer shredded chicken, beans, tortillas, sauce, and cheese in a baking dish. Bake at 375°F for 20-25 minutes until heated through. Garnish with chopped cilantro (optional).

610
CALORIES

39g
PROTEIN

22g
FAT

60g
CARBS

8g
FIBER

SHRIMP FAJITA BOWL

INGREDIENTS

6 oz shrimp
 ¾ cup cooked white rice
 ½ cup sautéed bell peppers + onions

1 tbsp guacamole
 1 tbsp fajita seasoning
 Fresh lime

Sauté shrimp with fajita seasoning for 3-4 minutes per side. Serve over rice with veggies and guacamole. Squeeze fresh lime over top to taste.

645
CALORIES

38g
PROTEIN

22g
FAT

62g
CARBS

5g
FIBER

STEAK & SWEET POTATO PLATE

INGREDIENTS

5 oz sirloin steak
 1 small, roasted sweet potato
 ½ tbsp avocado oil
 ½ cup steamed green beans

1 tsp grass-fed butter

Steak: pan-sear or grill steak to preferred doneness. Rub the sweet potato with avocado oil, salt and pepper to taste and bake in the oven at 425°F for 45-60 minutes or until the potato is soft in the center when poked with a fork. Steam green beans. Top sweet potato with butter, seasonings to taste and serve all together.

660
CALORIES

42g
PROTEIN

28g
FAT

54g
CARBS

6g
FIBER

TEMPEH STIR-FRY BOWL (PLANT-BASED OPTION)

INGREDIENTS

5 oz tempeh (cubed)
 ¾ cup cooked jasmine rice
 ½ cup broccoli + ½ cup snap peas
 1 tbsp soy sauce

1 tsp sesame oil
 1 tbsp avocado oil
 Salt and pepper to taste

In a large frying pan over medium heat, cook the tempeh until golden brown (about 2-3 minutes). Flip and add the remaining avocado oil cooking again until golden brown (about 2-3 minutes). Remove tempeh from the skillet and set aside. Place the empty skillet back on the stove and heat up the sesame oil on medium heat. Next, add the soy sauce, broccoli and snap peas and sauté for a couple of minutes. Then, cover and steam the vegetables for an additional 2-3 minutes. Finally, add cooked tempeh back to the frying pan with the vegetables and toss together for another 3-4 minutes or until vegetables cooked to your liking. Serve the tempeh and vegetables over jasmine rice.

630
CALORIES

34g
PROTEIN

22g
FAT

65g
CARBS

7g
FIBER

DIET PLAN

XS MUSCLE GAINS

PRE-WORKOUT SNACKS

SWEET POTATO + GREEK YOGURT POWER BOWL

INGREDIENTS

1 medium, roasted sweet potato (about 150g)
 ¾ cup nonfat Greek yogurt
 1 tsp honey

Dash of cinnamon
 Optional: sprinkle of 1 tsp chopped walnuts or hemp seeds

Mash sweet potato and top with Greek yogurt, honey and cinnamon. Optional: Add nuts or seeds for crunch.

410
CALORIES

25g
PROTEIN

4g
FAT

44g
CARBS

5g
FIBER

PROTEIN WAFFLES + NUT BUTTER

INGREDIENTS

½ cup buttermilk or dark chocolate protein cakes mix (e.g. Kodiak Cake® Mix)
 Water (to mix)

½ scoop XS vanilla grass-fed whey protein
 1 tsp natural almond butter

Mix protein cakes mix with protein powder and water, as described on cakes mix and protein powder. Cook as waffles or pancakes. Top with almond butter and serve.

410
CALORIES

24g
PROTEIN

8g
FAT

45g
CARBS

4g
FIBER

PROTEIN OATS WITH CHIA & BERRIES

INGREDIENTS

½ cup rolled oats
 1 scoop XS grass-fed whey protein
 1 tsp chia seeds

½ cup unsweetened almond milk
 ½ cup water
 ½ cup mixed berries

Cook oats in almond milk and water, then stir in protein powder and chia. Top with berries and serve.

430
CALORIES

25g
PROTEIN

7g
FAT

47g
CARBS

7g
FIBER

QUINOA GRANOLA YOGURT PARFAIT

INGREDIENTS

½ cup cooked quinoa (cooled)
 ¼ cup low-sugar granola
 ¾ cup low-fat plain Greek yogurt

Dash of cinnamon or vanilla extract

Layer yogurt, quinoa, and granola. Add cinnamon or vanilla if desired and serve.

440
CALORIES

22g
PROTEIN

9g
FAT

48g
CARBS

6g
FIBER

POST-WORKOUT SNACKS

CHOCOLATE MILK & RICE CAKE STACK

INGREDIENTS

2 cups low-fat chocolate milk
 2 rice cakes
 1 tbsp peanut butter (optional for extra flavor/fats – skip if staying low-fat)

Drink chocolate milk within 30-60 minutes after training. Eat rice cakes plain or topped with peanut butter.

530
CALORIES

32g
PROTEIN

10g
FAT

75g
CARBS

2g
FIBER

WHEY PROTEIN SHAKE + BANANA BAGEL SANDWICH

INGREDIENTS

1 ½ scoops XS grass-fed whey protein
 ¾ cup water or almond milk
 1 plain bagel
 1 ripe banana (sliced)

Blend protein with water or almond milk. Slice banana and stuff inside the bagel like a sandwich, or enjoy them separately.

610
CALORIES

36g
PROTEIN

4g
FAT

85g
CARBS

4g
FIBER

DIET PLAN

XS MUSCLE GAINS

POST-WORKOUT SNACKS

WHITE RICE + GRILLED CHICKEN BOWL (SPEEDY VERSION)

INGREDIENTS

1 cup cooked white rice
4 oz grilled chicken breast
1 tbsp light teriyaki sauce

Optional: ¼ cup diced pineapple on top for sweetness

Heat and toss ingredients together in a bowl. Add pineapple for flavor and a glucose boost.

520
CALORIES

35g
PROTEIN

6g
FAT

65g
CARBS

1g
FIBER

VANILLA PROTEIN + SORBET SMOOTHIE

INGREDIENTS

1 scoop XS vanilla grass-fed whey protein
Optional: ½ ripe banana
1 cup mango or strawberry sorbet
½ cup almond milk or water

Blend until smooth and icy. You will get dessert vibes while fueling your recovery.

480
CALORIES

30g
PROTEIN

2g
FAT

70g
CARBS

2g
FIBER

BEDTIME SNACKS

PROTEIN SHAKE WITH ALMOND BUTTER

INGREDIENTS

1 scoop XS grass-fed whey protein
1 cup unsweetened almond milk
1 tsp natural almond butter

Ice + cinnamon or cocoa powder (optional)

Blend until smooth and creamy. Use almond butter to round out fats and slow the digestion curve.

250
CALORIES

32g
PROTEIN

8g
FAT

2g
CARBS

2g
FIBER

COTTAGE CHEESE & PEANUT BUTTER BOWL

INGREDIENTS

1 cup low-fat cottage cheese
1 tsp natural peanut butter
Dash of cinnamon or vanilla extract

Mix together and enjoy cold. Add a dash cinnamon or vanilla extract to elevate the flavor.

280
CALORIES

34g
PROTEIN

9g
FAT

4g
CARBS

0g
FIBER

GREEK YOGURT PROTEIN SWIRL

INGREDIENTS

¾ cup plain 2% Greek yogurt
½ scoop XS grass-fed whey protein
1 tsp flaxseed, hemp or chia seeds
Splash of water to mix

Stir together until thick and creamy. Seeds add healthy fats and extra fiber.

290
CALORIES

35g
PROTEIN

9g
FAT

5g
CARBS

3g
FIBER

HARD-BOILED EGGS & PROTEIN SHOT

INGREDIENTS

2 hard-boiled eggs
½ scoop vanilla or chocolate XS grass-fed whey protein
½ cup water

Combine water and protein powder and server cold. Snack on the eggs and sip the shake like a mini protein shooter - quick, simple and powerful.

310
CALORIES

32g
PROTEIN

10g
FAT

2g
CARBS

0g
FIBER

FITNESS PLAN

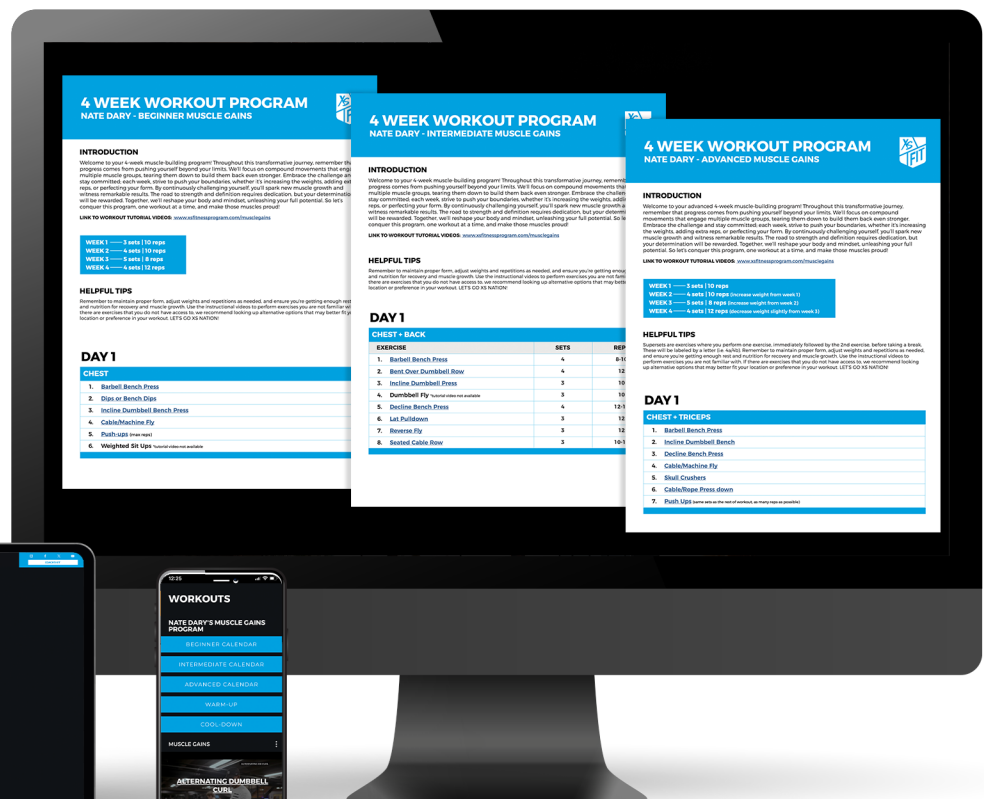
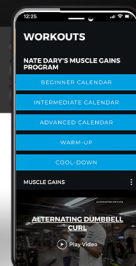
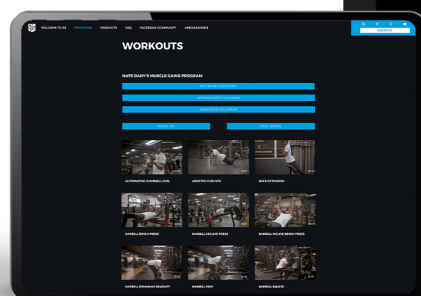
XS Muscle Gains

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. Here are some tips to get you started:

- For great options at every fitness level, scan the QR code below to explore our Weightlifting Programs.
- Stretch 5-10 minutes 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.



Scan to view workouts



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 - \$374

- Nutralite Joint Health
- XS Boost + Focus
- XS Muscle Multiplier†
- XS Sports Protein Bars
- XS Grass-Fed Whey Protein - 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



PRE-BREAKFAST	BREAKFAST	20-30 MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	20-30 MINS AFTER WORKOUT	LUNCH	MID-AFTERNOON SNACK	DINNER	BEFORE BED
XS Muscle Multiplier EAA* 1 scoop (optional)	Nutrilite Joint Health 2 capsules with breakfast	XS Boost + Focus Dietary Supplement 1 Tablet		XS Muscle Multiplier EAA* 1 scoop	XS Protein Shake 1 scoop	Nutrilite Joint Health 2 capsules with lunch	XS Sports Protein Bar 1 bar	Nutrilite Joint Health 2 capsules with dinner	XS Muscle Multiplier EAA* 1 scoop (optional)



XS Muscle Multiplier^{†‡} EAA delivers 4.1 g 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 or 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 has been clinically shown to increase lean muscle mass, improve endurance and help reduce body fat, revealing a more toned physique.^{†‡}

NUTRILITE JOINT HEALTH

2X DAILY 2 TABLETS

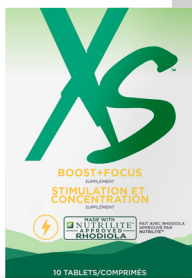
What it does: Ensures while you're building size, strength and stamina your body is getting the extra TLC it needs to sustain those gains with a blend of seven ingredients, including glucosamine and chondroitin, to help support joint health, flexibility and mobility.[†]

How to use it: Take two tablets in the morning with breakfast 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

- 1,500 mg of glucosamine sulfate.
- Contains a powerful blend of seven joint-supporting ingredients including glucosamine and chondroitin, at levels clinically shown to support joint cartilage and connective tissue.[†]
- Antioxidant protection and vitamin C from Nutrilite acerola cherry concentrate.[†]



BENEFITS

- 75 mg of caffeine from green tea extract.
- 100 mg of ancient, arctic herb rhodiola rosea celebrated for its natural ability to increase energy supports the body's stress response system, which can help recovery time.[†]
- A powerful combination of natural vitamins and antioxidant protection including vitamin C, 50 mg of dehydrated spinach and Nutrilite exclusive acerola cherry extract.[†]

XS BOOST + FOCUS

1X DAILY 1 TABLET

What it does: Helps maximize your endurance, boost your mental focus and crush your workouts.[†]

How to use it: Take one tablet before physical activity. Boost + Focus provides long-lasting energy, so take first thing in the morning if you work out early in the day, after lunch or around your afternoon slump if you work out in the late afternoon or evening.

Why you'll love it: Because not only does it help to improve your endurance and mental focus so you can push the limits of your fitness routine further, research suggests rhodiola rosea supports the body's stress response system, which can help with recovery time.

*The XS Muscle Gains Program is designed around 1x serving of Muscle Multiplier per day. However, to maximize your gains, we recommend up to 3x servings per day which requires an additional purchase of Muscle Multiplier.

†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.

‡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.

 >>>>  >>>> 									
PRE-BREAKFAST	BREAKFAST	LUNCH	20-30 MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	20-30 MINS AFTER WORKOUT	MID-AFTERNOON SNACK	DINNER	BEFORE BED
XS Muscle Multiplier EAA* 1 scoop (optional)	Nutriline Joint Health 2 capsules with breakfast	Nutriline Joint Health 2 capsules with lunch	XS Boost + Focus Dietary Supplement 1 Tablet		XS Muscle Multiplier EAA* 1 scoop	XS Protein Shake 1 scoop	XS Sports Protein Bar 1 bar	Nutriline Joint Health 2 capsules with dinner	XS Muscle Multiplier EAA* 1 scoop (optional)



BENEFITS

- 30 g grass-fed whey protein isolate and 6.9 g BCAAs†.
- Keto friendly.
- Gluten, soy and rBGH hormone free.
- Naturally flavored and sweetened with stevia.
- No artificial colors, flavors, sweeteners, gums or fillers.

XS GRASS-FED WHEY

1X DAILY 1-SCOOP

What it does: Delivers fast-acting whey protein and BCAAs to help build and repair muscles in adventure-ready, with just 5-7 ingredients and no junk‡.

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

Why you'll love it: Because real ingredients taste better! Whether you're team chocolate, strawberry or vanilla, the simple formula in this premium protein powder is creamy and delicious – 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 and 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.

	>>>>				>>>>			
PRE-BREAKFAST	BREAKFAST	MID MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	20-30 MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	DINNER
XS Muscle Multiplier EAA* 1 scoop (optional)	Nutriline Joint Health 2 capsules with breakfast	XS Protein Shake 1 scoop	Nutriline Joint Health 2 capsules with lunch	XS Sports Protein Bar 1 bar	XS Boost + Focus Dietary Supplement 1 Tablet	XS Muscle Multiplier EAA* 1 scoop	XS Muscle Multiplier EAA* 1 Scoop (optional)	Nutriline Joint Health 2 capsules with dinner

*The XS Muscle Gains Program is designed around 1x serving of Muscle Multiplier per day. However, to maximize your gains, we recommend up to 3x servings per day which requires an additional purchase of Muscle Multiplier.

†Branch-Chain Amino Acids

‡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.

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!



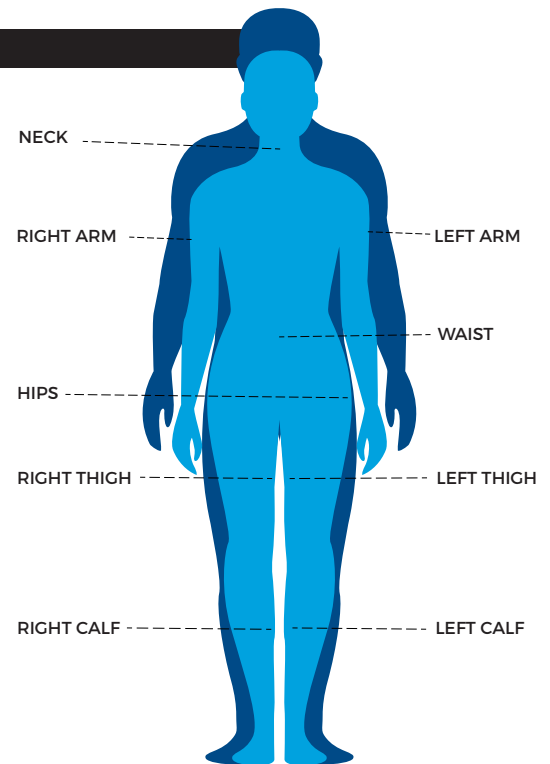
Remember, if weight gain/loss and measurements aren't how you're defining success, that's fine! Take some time here to think about the positive changes you have noticed.

DAY 8 - MEASUREMENTS

Date:	Weight:
Arm (R):	Thigh (R):
Arm (L):	Thigh (L):
Chest:	Neck:
Waist:	Calf (R):
Hips:	Calf (L):

DAY 31 - MEASUREMENTS

Date:	Weight:
Arm (R):	Thigh (R):
Arm (L):	Thigh (L):
Chest:	Neck:
Waist:	Calf (R):
Hips:	Calf (L):



MUSCLE GAINS PROGRAM

FITNESS ASSESSMENT



INTRODUCTION

For the XS Muscle Gains (Strength Training) Fitness Program, the goal is to measure improvements in muscular strength, power and functional capacity. This type of program typically focuses on increasing the maximal amount of weight a participant can lift in different exercises. Here are some effective physical assessments for tracking strength gains:

TESTING SAFETY TIPS

- Make sure to properly warm up before performing any of these assessments
- Always have a spotter for heavy lifts!
- Ensure you understand and use proper form to minimize injury risk.

POST-WORKOUT PROGRAM ASSESSMENT

REPS	ASSESSMENT	DESCRIPTION	PURPOSE	ENTRY
Three rep max	Bench press Tip: Ensure a proper warm-up and use spotters for safety.	The maximum weight a participant can press for three reps with proper form.	Tests upper body strength, primarily in the chest, shoulders and triceps.	
Three rep max	Back squat Variation: Use dumbbells, a kettlebell or another piece of equipment to perform the squat, if needed. Also, can perform a barbell front squat, or goblet squat depending on your level.	The maximum weight a participant can back squat for three reps, maintaining proper depth (hips below parallel).	Assesses lower body strength, including the quads, hamstrings and glutes.	
Three rep max	Deadlift Tip: Use either conventional or Romanian deadlift based on your preference and biomechanics.	The maximum weight a participant can lift for three reps from the ground using proper form.	Evaluates total body strength, particularly in the posterior chain (glutes, hamstrings, lower back).	
Three rep max	Overhead (shoulder) press Alternative: Use a seated press for added stability, if needed.	The maximum weight a participant can press overhead for three reps.	Tests upper body pressing strength, focusing on shoulders.	
Max reps	Pull-ups Variation: Use assisted pull-ups or a lat pull-down machine if participants cannot perform bodyweight pull-ups.	Maximum number of pull-ups performed with proper form.	Assesses upper body pulling strength (back, biceps and core).	

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 accomplishment! 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?



CONTINUE THE ADVENTURE

The great thing about this XS Fitness Program is that 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 and 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.
- 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 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 life.