

# XS FITNESS GUIDEBOOK

XS TONING PROGRAM

START YOUR ADVENTURE  
TO A BETTER, HEALTHIER 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, 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 gains. Turn to the page aligned with your personal 30-day XS Fitness Program below, and let’s adventure!


30-Day XS Toning 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 Toning</b>   |
| <b>Program Duration</b>      | 30 days  |
| <b>Fitness Goal</b>          | Burn Fat & Build Lean Muscle   |
| <b>Workout Duration</b>      | 10-30 mins   |
| <b>Types of Workout</b>      | <b>High-intensity interval training (HIIT)</b>   |
| <b>Resources for Support</b> | -Program Guide<br>-Workout Videos<br>-Diet Plan<br>-Recommended Product Regimen  |
| <b>Intensity</b>             | <b>Beginner, Intermediate and Advanced</b>   |
| <b>Products Included</b>     | <p><b>XS TONING STACK</b></p> <ul style="list-style-type: none"> <li>-XS™ Muscle Multiplier** Essential Amino Acid (EAA) Supplement</li> <li>-Nutrilite™ Lean Muscle</li> <li>-XS™ Energy + Burn</li> <li>-XS™ Protein Pods x2</li> <li>-XS™ Energy + Focus</li> </ul>  |
| <b>Cost</b>                  | <b>\$245</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.

†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 TONING

### HOW TO USE YOUR XS FITNESS - XS TONING KIT

Get excited! You're about to seriously level-up your fitness game. Our 30-day XS Toning kit was designed to support your entire journey toward achieving a leaner, more toned body. This program focuses on High-Intensity Interval Training (HIIT) because when it comes to toning, you want to both lose fat and increase lean muscle. HIIT workouts are great at achieving both. Plus, they're typically shorter in duration, work with your fitness level and allow you to alternate between heart-pumping intervals and short periods of rest, which delivers serious results! And don't worry, you won't be doing it alone! From a private online community, access to some of the best XS Trainers, and products to fuel your success, we've got your back every step of the way.

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 toning 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 TONING GOALS

Your goals are focused on toning. Knowing that is already a step in the right direction, but toning up can mean a lot of different things. Get clear on what toning success means and 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 getting lean and toned important to you right now? What is your true motivation behind starting this program?
- What does toning success look like for you? It could be a number, a personal achievement or a combination of any/all of these.
- How do you want to feel? More confident? Proud? Strong?
- 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:

- For one week I will work with a trainer on perfecting my form and learning what it feels like to activate the correct muscles so my workouts will be more effective and help me build lean muscle faster.
- This week I will add lifting moderate weights to four of my HIIT workouts to help boost my metabolism.
- In one month, I will be able to see more ab definition on my stomach by eating five small meals daily and reducing the sugar in my diet.
- This month I will schedule HIIT workouts at least 3X each week to increase fat loss and improve overall muscle tone.

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:

- Swap one soda or high-calorie drink per day with XS Energy + Burn.
- Try one new kettlebell workout.
- Track your daily water intake.
- Set a daily reminder to write down at least one fitness win each day.
- Drink XS Muscle Multiplier\* EAA during each of my workouts.

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 about scheduling 10 minutes to do research on the best HIIT workouts for toning abs, legs, arms, etc., versus doing cardio 5X this week.

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



# STEP 3 TAKE YOUR BASELINE

Your success at slimming down and toning up 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 achieve all your fitness goals along the way!

Use the space below to capture:

- 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:

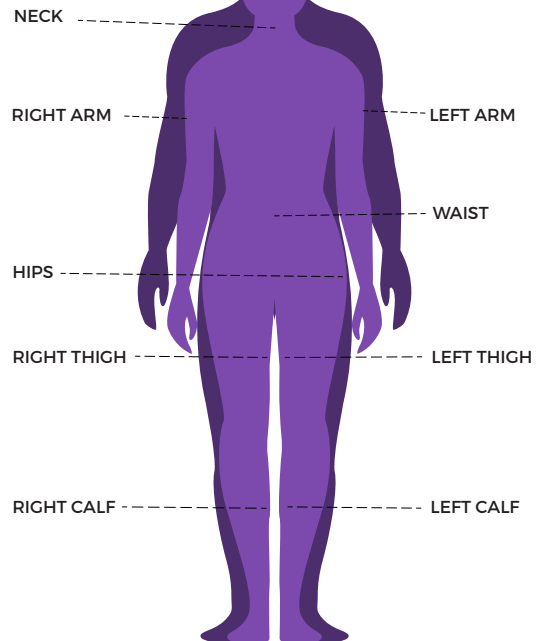
Neck:

Waist:

Calf (R):

Hips:

Calf (L):



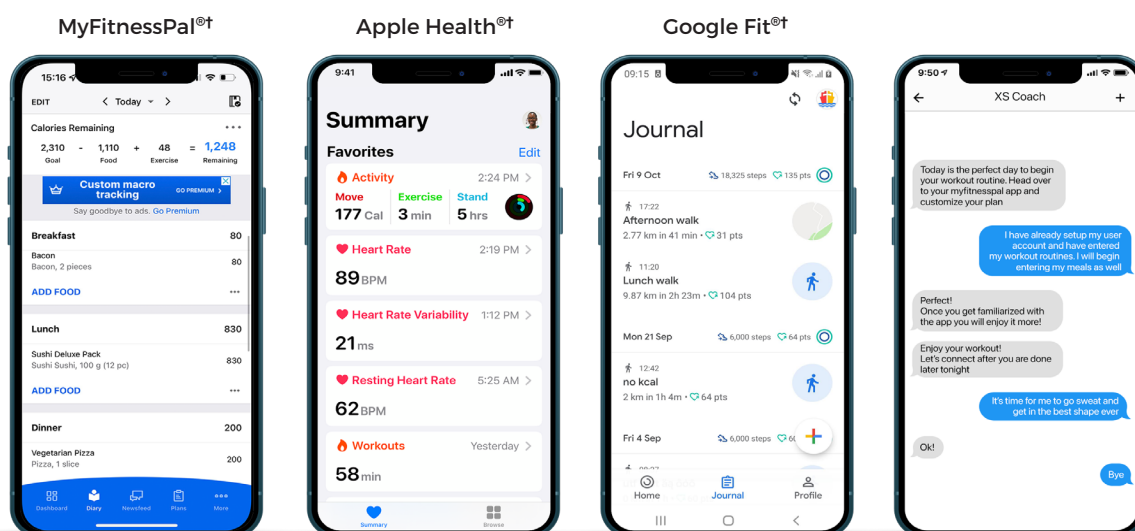
It's always good to have your baseline weight and measurements, but this is only one way of tracking progress along the way. If your definition of successful gains is more about improving overall health, reps, or energy levels, track that!

## 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 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. 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 TONING

### *It's go time!*

It's go time! Your XS Fitness Program and the products included were designed to help you gain clarity around your fitness goals, build healthy habits, and jumpstart your journey toward building more lean muscle and achieving a toned body. Each program is built around diet and fitness recommendations aligned with your personal goal of toning 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 Toning 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 TONING

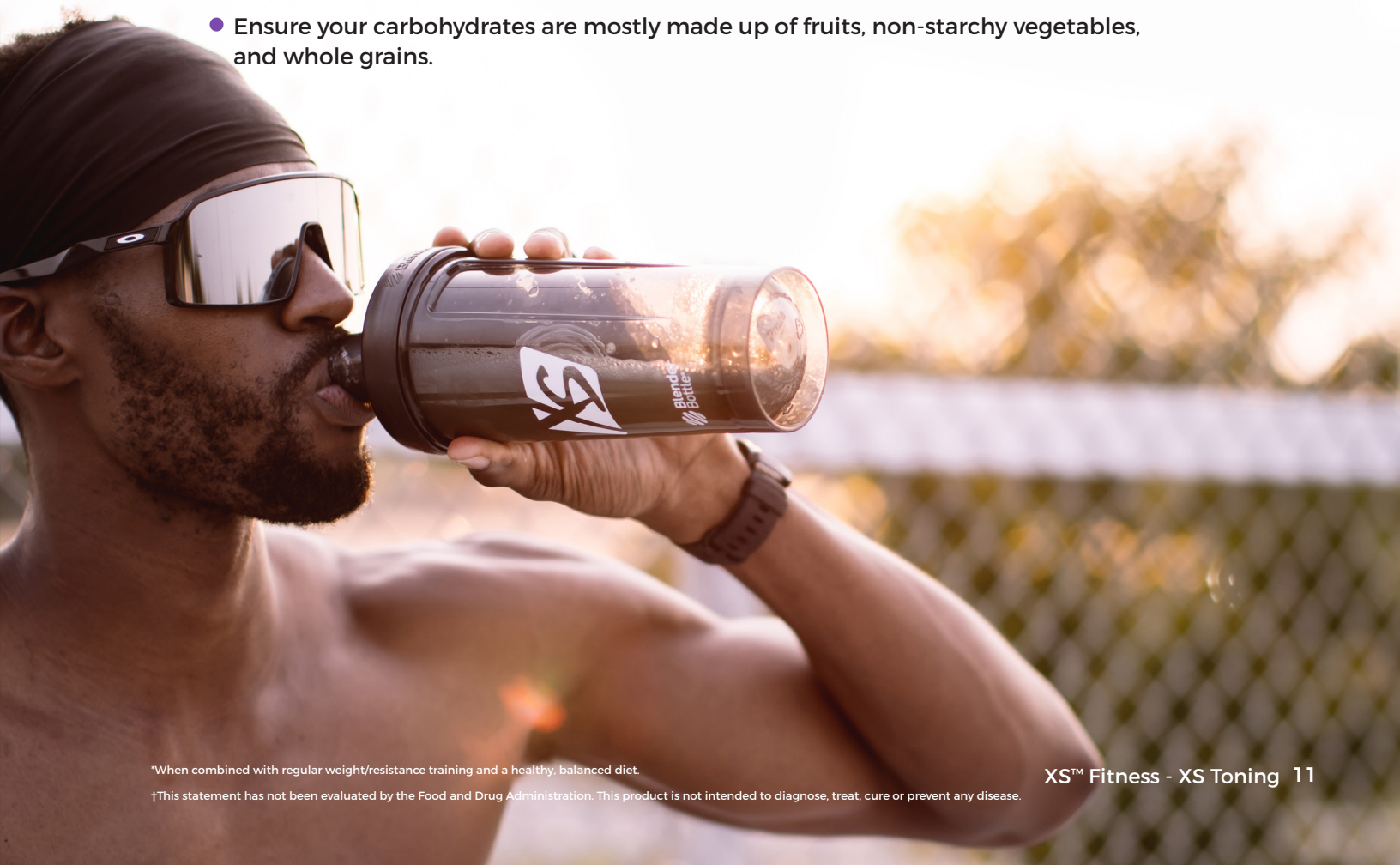
It's true what they say about abs being made in the kitchen, so the changes you make to your diet during the XS Fitness Program play a critical part in helping to jump-start your metabolism, trim down, achieve and maintain a toned physique. When creating your meal plan, you'll want to closely consider 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, take your current weight and divide it in half, i.e., 160 lbs./2 = 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 Toning specifically, keep the following in mind:**

- Reduce empty calories like sugar, fried foods and alcohol from your diet.
- Be sure you're supplementing your regular weight/resistance training with XS Muscle Multiplier\* EAA daily as recommended, to help your body naturally build lean muscle.†\*
- Ensure your carbohydrates are mostly made up of fruits, non-starchy vegetables, and whole grains.



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


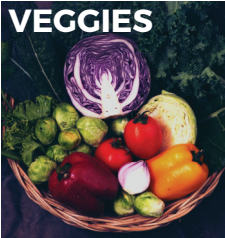

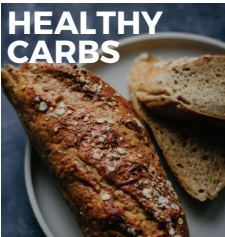
†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# DIET PLAN

## XS TONING

To help you get started, we worked with our Nutrition Team to create a sample diet plan for someone focused on building lean muscle and toning up. 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<br>BEFORE WORKOUT | 40 MINS<br>AFTER WORKOUT | 2-4 HOURS<br>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<br>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<br>BEFORE WORKOUT | 40 MINS<br>AFTER WORKOUT | 2-4 HOURS<br>AFTER LAST MEAL | BEDTIME |
|  | 1-3<br>cups  | 1-3<br>cups               | 1-3<br>cups              | 1-3<br>cups                  |         |
|  |  |                           |                          |                              |         |
|  <b>HEALTHY FATS</b>   | Any Nuts, Avocado, Olive Oil, Canola Oil, Avocado Oil, Any Natural Nut Butters   |                           |                          |                              |         |
|  | WAKING   | 1-3 HRS<br>BEFORE WORKOUT | 40 MINS<br>AFTER WORKOUT | 2-4 HOURS<br>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<br>BEFORE WORKOUT | 40 MINS<br>AFTER WORKOUT | 2-4 HOURS<br>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. Refer to the online resources for additional daily plan options. It is recommended to use products in the XS Toning 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 TONING

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 toning up 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!

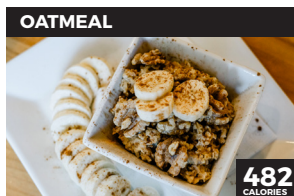
### BREAKFAST



**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

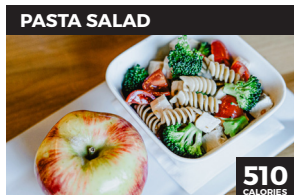
### LUNCH



**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

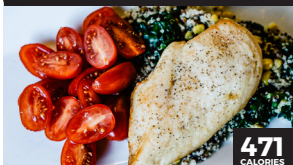


# DIET PLAN

## XS TONING

### 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

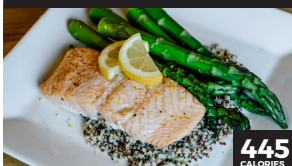
#### PASTA NIGHT



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

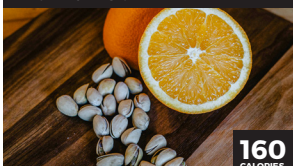
#### RAW VEGETABLES



170  
CALORIES

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

#### PISTACHIOS



160  
CALORIES

25 Pistachios  
 1 Orange

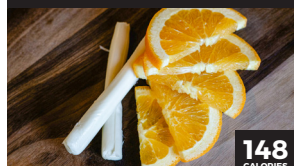
#### CHEESE & CRACKERS



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 TONING

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 toning goals overall. As a general guideline, start by scheduling time to get in your 10–30-minute workouts.

- Try including any of the Toning Programs created by our XS Fitness Trainers on the website. Utilize the offered 30-day workout calendars so you can easily follow along and track each day.
- Incorporate interval training and exercises that target different muscle groups at the same time, i.e., lunge + bicep curls combo.
- Try adding in breathwork to reduce stress, which elevates cortisol levels and triggers your body to store unwanted fat.
- Schedule time to speak with a Trainer to create a targeted fitness plan, ask the XS Fitness Community for their favorite HIIT workout recommendations, or even create your own workout.
- For great options at every fitness level, scan the QR code below to explore our Toning Programs from our XS Fitness Trainers.



QR code to workouts



### 30-DAY WORKOUT PROGRAM

NATE DARY - XS FITNESS PROGRAM

| DAY 1                | DAY 2          | DAY 3               | DAY 4               | DAY 5                |
|----------------------|----------------|---------------------|---------------------|----------------------|
| Full Body 1          | Cardio & Abs 1 | Full Body 2         | Rest Day            | Lower Body 1 Burner  |
| DAY 6                | DAY 7          | DAY 8               | DAY 9               | DAY 10               |
| Upper Body 1 Madness | Rest Day       | Cardio & Abs 2      | Full Body 3 Pyramid | Upper Body 2 Burner  |
| DAY 11               | DAY 12         | DAY 13              | DAY 14              | DAY 15               |
| Rest Day             | Cardio & Abs 3 | Lower Body 2        | Rest Day            | Full Body 1          |
| DAY 16               | DAY 17         | DAY 18              | DAY 19              | DAY 20               |
| Cardio & Abs 1       | Full Body 2    | Rest Day            | Lower Body 1 Burner | Upper Body 1 Madness |
| DAY 21               | DAY 22         | DAY 23              | DAY 24              | DAY 25               |
| Rest Day             | Cardio & Abs 2 | Full Body 3 Pyramid | Upper Body 2 Burner | Rest Day             |
| DAY 26               | DAY 27         | DAY 28              | DAY 29              | DAY 30               |
| Cardio & Abs 3       | Lower Body 2   | Rest Day            | Full Body 1         | Cardio & Abs 1       |



Looking “toned” requires a combination of BOTH building muscle and losing fat, so keep that in mind when creating a fitness plan. While HIIT workouts are one of the most effective forms of exercise for toning up, explore all of your options from heavy lifting to Pilates or dancing. Once you’ve found a few workouts you truly enjoy, build your plan around that. And remember whatever you choose, have fun!



# PRODUCTS

## XS TONING

Combined with the changes from your personal diet and fitness plan, the XS Toning Stack includes products chosen to help amplify your energy, support a healthy metabolism, build lean muscle\* and instantly level-up your workouts so you can achieve a tighter, more toned silhouette even faster! Following is a breakdown of the products included in your 30-Day program as well as daily usage recommendations.

### THE XS TONING STACK - \$245

- XS Muscle Multiplier\*\*
- Nutralite Lean Muscle
- XS Energy + Burn\*\*
- XS Protein Pods - x2
- XS Energy + Focus



Please note that while we'll do our best to get all of your XS Toning products to you as quickly as possible, they'll be 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.

\*\*Please note there are only 12 XS Energy + Burn cans in a bundle.

# MORNING WORKOUT PRODUCT USE REGIMEN 30-DAY

| PRE-BREAKFAST                         | BREAKFAST  | 20-30MINS BEFORE WORKOUT                       | WORKOUT | IMMEDIATELY AFTER WORKOUT             | 20-30 MINS AFTER WORKOUT  | LUNCH  | MID AFTERNOON SNACK      | DINNER  | BEFORE BED                            |
|---------------------------------------|--|--|---------|---------------------------------------|---------------------------|--|--------------------------|---|---------------------------------------|
| XS Muscle Multiplier EAA**<br>1 Scoop | Nutrilite Lean Muscle<br>2 Softgels with breakfast | XS Energy+Focus Dietary Supplement<br>1 Tablet |         | XS Muscle Multiplier EAA**<br>1 Scoop | XS Protein Shake<br>1 Pod | Nutrilite Lean Muscle<br>2 Softgels with lunch | XS Energy+Burn<br>1 Can* | Nutrilite Lean Muscle<br>2 Softgels with dinner | XS Muscle Multiplier EAA**<br>1 Scoop |

\*Please note only 12 cans provided, recommended consumption when looking for additional energy  
 \*\*The XS Toning 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.



**XS Muscle Multiplier\* EAA delivers 4.1g 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 during your workout or between meals to help you recover after a workout.

**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 LEAN MUSCLE

**3X DAILY 2 SOFTGELS**

**What it does:** Provides conjugated linolic acid (CLA), an essential fatty acid, which is designed to help reduce body fat and support lean muscle retention when combined with a reduced-calorie diet and moderate physical activity.† ‡

**How to use it:** Take two softgels three times daily, preferably with your meals. And before you go thinking, "That's a lot of supplements. Do I really need to take it three times a day? I'm not sure I'll remember, etc.," remind yourself why you're doing this program and think about how motivated you really are to get toned. Now, ask yourself whether achieving or possibly exceeding your toning goals is worth the effort of remembering to take a few supplements? We think so too.

**Why you'll love it:**

Seriously, where Muscle Multiplier helps you build lean muscle,\* Nutrilite™ Lean Muscle is designed to help reduce body fat and support lean muscle retention when combined with a reduced-calorie diet and moderate physical activity.† ‡ And the more lean muscle you're rocking, the faster you're reaching those fitness goals. Nutrilite™ Lean Muscle contains Conjugated Linoleic Acid (CLA), which is an essential fatty acid from vegetable sources like safflower oil, and has been shown to support lean muscle retention ... Those are wins all around!



### BENEFITS

- 125 mg of Ashwagandha Root.
- 100 mg of Garcinia Cambogia.
- Delivers high-performance energy with 114 mg of caffeine.

## XS ENERGY+BURN

**UP TO 2 CANS PER DAY**

**What it does:** Provides a boost of positive energy to crush your day!

**How to use it:** Drink before your workout, or to help you push through an afternoon slump. We recommend consuming this product in the afternoon on those days where you need that extra boost.

**Why you'll love it:** Because making better choices is hard enough, and this makes it easier to swap out snacks and sodas that are high in sugar. You'll get an energy boost with benefits.

\*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.

‡Anyone with a medical condition, including diabetes and hypoglycemia, should consult a physician before using this product.




# 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**<br>1 Scoop | Nutrilite Lean Muscle<br>2 Softgels<br>with breakfast | Nutrilite Lean Muscle<br>2 Softgels<br>with lunch | XS Energy+Focus<br>Dietary Supplement<br>1 Tablet |         | XS Muscle Multiplier EAA**<br>1 Scoop | XS Protein Shake<br>1 Pod | XS Energy+Burn<br>1 Can* | Nutrilite Lean Muscle<br>2 Softgels<br>with dinner | XS Muscle Multiplier EAA**<br>1 Scoop |

\*Please note only 12 cans provided, recommended consumption when looking for additional energy

\*\*The XS Toning 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.



## BENEFITS

- 20 g Whey Protein Isolate and 4.4 g 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, strawberry 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 ENERGY+FOCUS

**1X DAILY** 1 TABLET

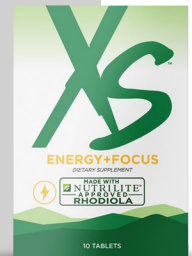
**What it does:** Helps maximize your endurance, boost your mental focus and crush your workouts.†

**How to use it:** Take one tablet before physical activity. Energy+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.

## 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.†



# 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**<br>1 Scoop | Nutrilite Lean Muscle<br>2 Softgels<br>with breakfast | XS Energy+Burn<br>1 Can*<br>XS Protein Shake<br>1 Pod | Nutrilite Lean Muscle<br>2 Softgels<br>with lunch |                     | XS Energy+Focus<br>Dietary Supplement<br>1 Tablet | XS Muscle Multiplier EAA**<br>1 Scoop | XS Muscle Multiplier EAA**<br>1 Scoop | Nutrilite Lean Muscle<br>2 Softgels<br>with dinner |

\*Please note only 12 cans provided, recommended consumption when looking for additional energy

\*\*The XS Toning 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.

# MORE PRODUCTS TO SUPPORT YOUR JOURNEY

Because you're an adventurer, we know you're always looking for new ways to up your performance! So, if you find yourself curious while going through your program, we've pulled together a few of our favorite products to support your journey. And remember, if you ever have questions, want more information, or help personalizing the product mix for you, reach out to your XS Fit Coach for support.



## XS™ CBD PRO CREAM

After your workout, take your recovery to the next level with XS™ CBD Pro Cream, made with 400 mg of CBD from full spectrum hemp extract. Quickly feel the key ingredients that soothe and warm the skin within five minutes for a lasting effect.



## NUTRILITE® BALANCE WITHIN™ PROBIOTIC

Support your natural defenses and help support a healthy balance of gut bacteria with Nutralite™ Balance Within™ Probiotic†, made with a unique blend of 6.3 billion CFUs of clinically tested probiotic strains to support your immune system and healthy digestion.† This foundational supplement combines clinically-tested probiotics with advanced technology in a convenient stick pack.



## NUTRILITE® ORGANICS PLANT PROTEIN POWDER

Packed with pure, organic goodness featuring 21 grams of powerful plant protein from wholesome brown rice, plus peas and chia grown on our USDA-certified organic farms and partner farms. Get more protein in your diet using an easy-to-mix powder format available in delicious chocolate and vanilla flavors, as well as unflavored.

†These statements have 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 toning progress 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 weight post - XS Toning 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!



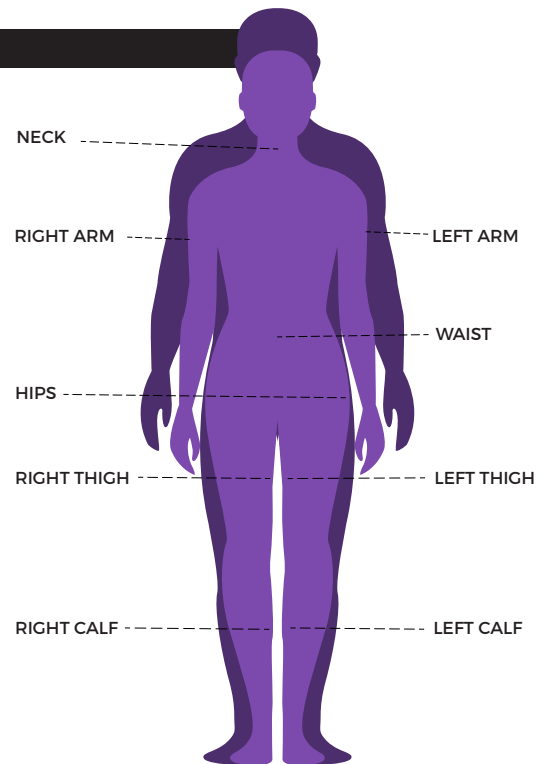
Remember, if weights and measures aren't how you want to track your toning success, that's fine! Take some time here to think about the positive changes you have noticed.

## DAY 8 - MEASUREMENTS

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

## DAY 31 - MEASUREMENTS

|                      |                      |
|----------------------|----------------------|
| <b>Date:</b>         | <b>Weight:</b>       |
| <input type="text"/> | <input type="text"/> |
| <b>Arm (R):</b>      | <b>Thigh (R):</b>    |
| <input type="text"/> | <input type="text"/> |
| <b>Arm (L):</b>      | <b>Thigh (L):</b>    |
| <input type="text"/> | <input type="text"/> |
| <b>Chest:</b>        | <b>Neck:</b>         |
| <input type="text"/> | <input type="text"/> |
| <b>Waist:</b>        | <b>Calf (R):</b>     |
| <input type="text"/> | <input type="text"/> |
| <b>Hips:</b>         | <b>Calf (L):</b>     |
| <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 toning 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 month?
- How do you feel? More confident/proud/toned? Do you have more energy?
- Did you find workouts you love for both building muscle and reducing body fat?
- 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 Toning Program again?
- Perhaps you reached your toning goals or just want to shift your focus and try other XS Fitness Programs?
- 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.