

# XS FITNESS GUIDEBOOK

**XS PEAK PERFORMANCE PROGRAM**

START YOUR ADVENTURE  
TO A BETTER, HEALTHIER LIFE





# TABLE OF CONTENTS

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

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



# WELCOME TO XS

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

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

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

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

This guidebook gives you the framework to accelerate your fitness journey today. Everything is designed with you in mind, including easy to implement products, and diet and fitness guidelines customized to help increase your peak performance. Turn the page and let's adventure!

Just remember it's a good idea to consult your physician or healthcare provider before engaging in physical fitness activities.

6 Week XS PEAK PERFORMANCE Guide

Pages 5-22

# 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 Programs. They're designed to meet you where you are 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 PEAK PERFORMANCE</b>	
<b>Program Duration</b>	6 Weeks
<b>Fitness Goal</b>	Achieve A Higher Level Of Performance And Endurance
<b>Workout Duration</b>	30-60 mins
<b>Types of Workout</b>	<b>Strength Training, Conditioning, High-intensity interval training (HIIT), and Endurance/Recovery</b>
<b>Resources for Support</b>	-Program Guide -Workout Videos -Diet Plan -Recommended Product Regimen
<b>Intensity</b>	<b>Intermediate to Advanced</b>
<b>Products Included</b>	<p><b>XS PEAK PERFORMANCE STACK</b></p> <ul style="list-style-type: none"> <li>-XS™ Pre-Workout Boost</li> <li>-XS™ Muscle Multiplier†</li> <li>-XS™ Post-Workout Recovery</li> <li>-Nutralite™ Vitamin B Dual-Action</li> </ul> 
<b>Cost</b>	<b>\$169.75</b>

This comprehensive 6 week 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 PEAK PERFORMANCE PROGRAM**

### **HOW TO USE YOUR XS FITNESS - XS PEAK PERFORMANCE PROGRAM**

Get excited! You're about to seriously level-up your fitness game. Our 6-week XS PEAK PERFORMANCE PROGRAM was designed to support your entire journey toward achieving a high level of optimized performance. This program is for those who already work out, but are looking for that next gear in their fitness journey. The workouts focus on cardio, endurance, strength & power, flexibility & balance, speed & agility, stamina AND MORE! When it comes to achieving your ultimate performance, you want to feel the benefits and be able to perform at a high level when the time calls. Please note, many of these exercises will require equipment and may require the use of a gym. And don't worry, you won't be doing it alone! From a private online community, access to some of the best XS Trainers around the world, 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 performance 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 PEAK PERFORMANCE GOALS

Your goals are focused around Peak Performance. Knowing that is already a step in the right direction but achieving peak performance can mean a lot of things, especially when it comes to making it part of your fitness journey. Maybe you're already actively working out and have heard visualization can help improve your personal best, or you're hoping to improve your self-confidence and show up as a stronger competitor by building a mind-body connection. Before diving into this program, get clear on what Peak Performance 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 do you want to focus on pushing yourself to achieve Peak Performance right now? What is your true motivation behind starting this program? Getting faster? Improving your agility?
- What's included in your definition of performance based practice? What does achieving peak performance look like to you? It could be a feeling, a personal achievement, a specific type of fitness class or a combination of any/all of these.
- 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:

- Upon completion of this program my plan is to prepare and compete in an upcoming cross-fit competition where my goal is to place in the top 3.
- In 3 months, I'll have the confidence to sign up for a half marathon by adding a visualization practice before my morning runs to help me imagine what the end results look and feel like when I cross that finish line.

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

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

\_\_\_\_\_

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

\_\_\_\_\_



# STEP 2

## DEFINE & SCHEDULE YOUR MICRO-HABITS

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

Some examples might be:

- Set a reminder to take XS™ Pre-Workout Boost 15 minutes prior to each workout
- Swap out a sugary breakfast, such as cereal, for a high-protein breakfast, like eggs and sausage.
- Get an extra hour of sleep to ensure your body recovers properly.
- Set time to review your workout plan prior to hitting play.

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: \_\_\_\_\_

---

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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 meditating for 5 minutes 3x a week versus meditating for 1-hour every day.



# STEP 3 TAKE YOUR BASELINE

Your performance 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 reference videos on the XS Fitness Program website and capture your beginning performance level in the spaces below before starting the program, including consuming any of the products, as this will provide a more accurate baseline.

## ASSESSMENT WEEK

### MONDAY

WORKOUT  
TIMEFRAME

**00:00** **1 Mile Run for time:** (Measurement of overall stamina)

**15:00** **Max Pull-Ups in 2 Minutes:** (Measurement of upper body strength and endurance)

**20:00** **Max Push-Ups in 2 Minutes:** (Measurement of muscular endurance in the upper body)

**25:00** **Max Sit-Ups in 2 Minutes:** (Measurement of core strength and endurance)

### TUESDAY

**00:00** **Every 2 minutes for 12 minutes, build to a heavy set of 3 reps max of Back Squats:** (Record max weight achieved)

**15:00** **Find your 3 rep Bench Press max then take 70% of that weight and go for max reps:** (Record max weight achieved. Rest 2-3 minutes between sets.)

### WEDNESDAY

**00:00** **5-10-5 Agility Test | Rest 2-3 minutes | Repeat no more than 3 times:** (Record your best time)

**10:00** **Max Burpees in 7 minutes:**

### THURSDAY

**00:00** **30 minutes of Active Recovery** (Low Intensity Bike, Skii, Row, Walk, etc.)

**30:00** **30 minutes of Active Mobility** (Yoga, Dynamic Stretching, etc.)

### FRIDAY

**00:00** **Every 3 minutes, for 15 minutes, 3 reps max of Deadlift:** (Increase weight throughout the rounds and record max weight achieved)

### SATURDAY

**00:00** **Every 3 minutes, for 21 minutes, 400 meter run:** (Scale down to 200 meters if needed. Record your best time)

### SUNDAY

Rest, have fun with your family, prepare meals for the next week, etc.

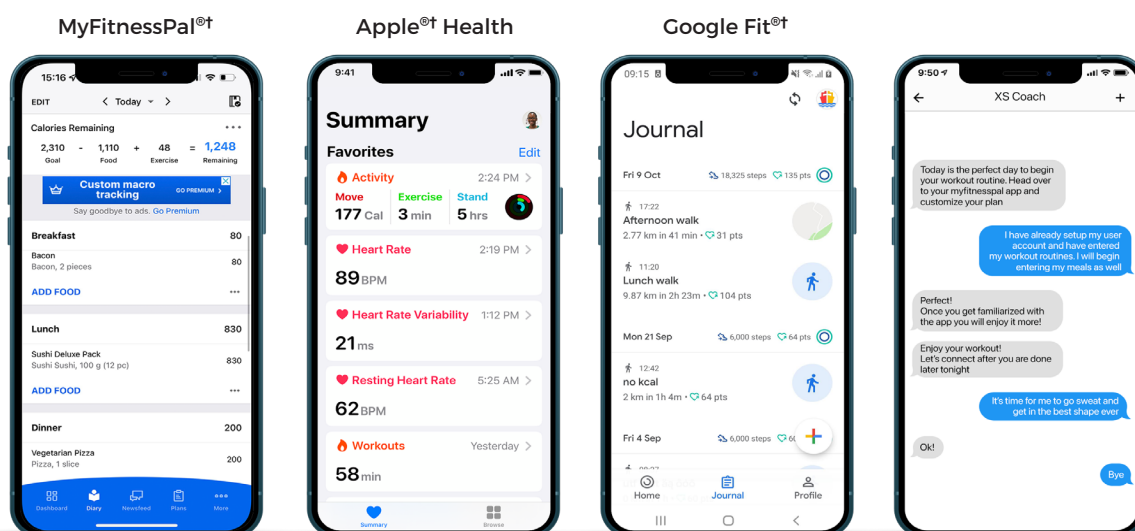


## STEP 4 COMMUNITY & SUPPORT

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

We'd recommend starting here:

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



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

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

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

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

# XS FITNESS

## XS PEAK PERFORMANCE PROGRAM

### *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 journey to Peak Performance. Each program is built around diet and fitness recommendations aligned with your personal goals and fueled by the best XS products to support and accelerate your 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 Peak Performance Stack and how to use each for maximum results.
- Track your progress, goals and wins along the way.

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





# DIET PLAN

## XS PEAK PERFORMANCE PROGRAM

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

Here are some general tips to help you get started:

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

**For Peak Performance specifically, keep the following in mind:**

- Incorporate as many whole foods, like fruits and vegetables as possible into your meal plan.
- Try to increase your carb intake to improve your energy levels to meet the expectations of the workout program.
- Keep track of what you eat and measure your portions. Using a fitness tracker app is great for this! (examples on page 9)
- Plan your menu around what types of foods will best nourish your body while sustaining your energy levels.



# DIET PLAN

## XS PEAK PERFORMANCE PROGRAM

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

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

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

It is recommended to supplement your diet using the products in the XS Peak Performance 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 PEAK PERFORMANCE PROGRAM

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

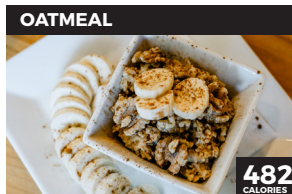
### BREAKFAST



**AVOCADO TOAST**

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

545  
CALORIES



**OATMEAL**

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

482  
CALORIES



**EGG & TOAST**

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

515  
CALORIES



**VEGGIE OMELETTE & TOAST**

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

488  
CALORIES



**LOADED WAFFLE**

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

543  
CALORIES



**OPEN-FACE BREAKFAST SANDWICH**

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

416  
CALORIES

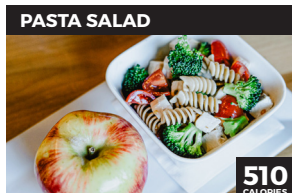
### LUNCH



**BEAN BURRITO**

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

492  
CALORIES



**PASTA SALAD**

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

510  
CALORIES



**VEGGIE PITA POCKET**

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

509  
CALORIES



**EASY LUNCHBOX**

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

483  
CALORIES



**COMFORTING SOUP**

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

473  
CALORIES



**CHICKEN SALAD**

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

473  
CALORIES



**EASY MAKE AHEAD SANDWICH**

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

483  
CALORIES

# DIET PLAN

## XS PEAK PERFORMANCE PROGRAM

### 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

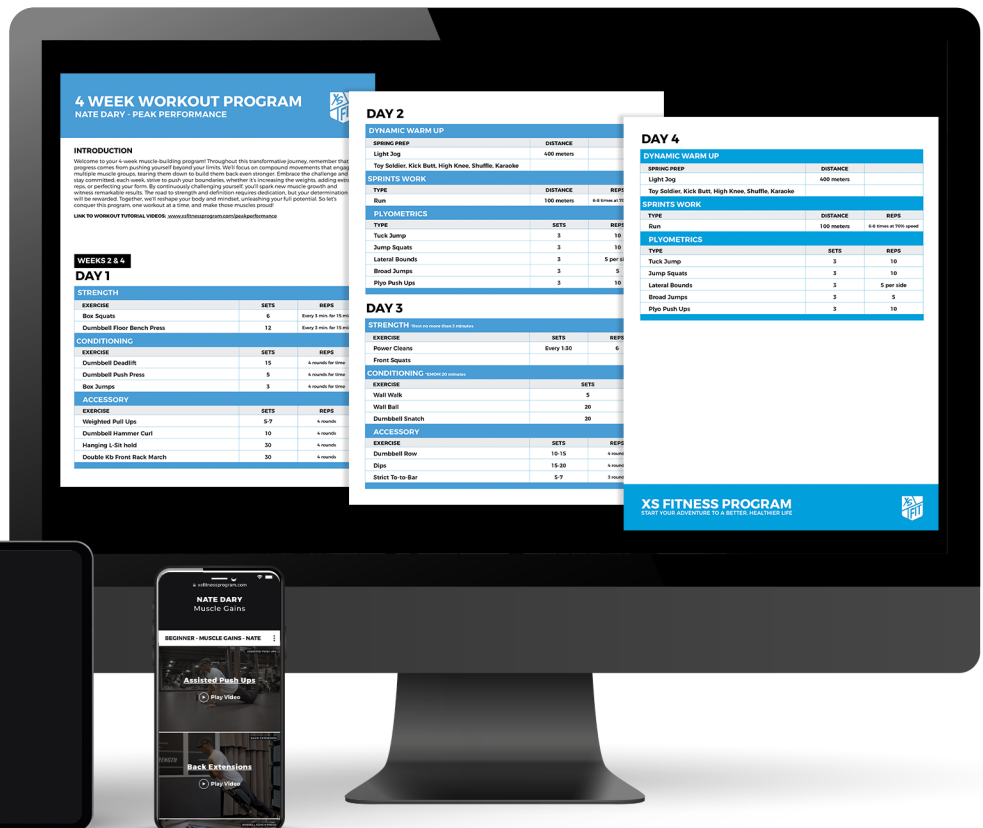
## XS PEAK PERFORMANCE PROGRAM

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 performance training goals overall. As a general guideline, make sure to prepare yourself for the week ahead with the scheduled workouts.

- Incorporate the 6 Week Peak Performance Program created by our XS Fitness Trainers.
- Be mindful about taking moments to rest and recover by making sure you're getting proper sleep, stretching, and giving your body the time it needs to recover.
- Scan the QR code below to explore our Peak Performance Program.



QR code to workouts



### 4 WEEK WORKOUT PROGRAM

NATE DARY - PEAK PERFORMANCE

**INTRODUCTION**  
Welcome to your 4-week muscle-building program! Throughout this transformative journey, remember that progress comes from pushing yourself beyond your limits. This focus on compound movements that engage multiple muscle groups, forcing them to work together to build them back even stronger. Embrace the challenge and stay consistent each week, there is your opportunity whether it's increasing the weight, adding sets, reps, or perfecting your form. By continuously challenging yourself, you'll spark new muscle growth and witness remarkable results. We look to strength and endurance requires dedication, but your determination will be rewarded. Together, we'll reshape your body and mindset, unleashing your full potential. So let's conquer this program, one workout at a time, and make those muscles proud!

**LINK TO WORKOUT TUTORIAL VIDEOS:** [www.xsfitnessprogram.com/joinperformance](https://www.xsfitnessprogram.com/joinperformance)

**WEEKS 2 & 4**

#### DAY 1

EXERCISE	SETS	REPS
Box Squats	6	Every 2 min, for 12 min
Dumbbell Floor Bench Press	12	Every 2 min, for 12 min

EXERCISE	SETS	REPS
Dumbbell Deadlifts	15	4 rounds for time
Dumbbell Push Press	6	4 rounds for time
Box Jumps	3	4 rounds for time

EXERCISE	SETS	REPS
Weighted Pull Ups	5-7	4 rounds
Dumbbell Hammer Curl	10	4 rounds
Hanging L-Sit hold	30	4 rounds
Double KB Front Rack March	30	4 rounds

#### DAY 2

**DYNAMIC WARM UP**

SPRINT PREP	DISTANCE	REPS
Light Jog	400 meters	

**SPRINTS WORK**

TYPE	DISTANCE	REPS
Run	100 meters	4-8 times at 70% speed

**PLYOMETRICS**

TYPE	SETS	REPS
Tuck Jump	3	10
Jump Squats	3	10
Lateral Bounds	3	5 per side
Broad Jumps	3	5
Plyo Push Ups	3	10

#### DAY 3

**STRENGTH** Push/Pull/Stand/Run/Throw

EXERCISE	SETS	REPS
Power Cleans	Every 1:30	6
Front Squats		30

**CONDITIONING** Interval 10 minutes

EXERCISE	SETS	REPS
Wall Walk		5
Wall Ball		30
Dumbbell Snatch		30

**ACCESSORY**

EXERCISE	SETS	REPS
Dumbbell Row	10-15	4 rounds
Dips	15-20	4 rounds
Elbow To bar	5-7	3 rounds

#### DAY 4

**DYNAMIC WARM UP**

SPRINT PREP	DISTANCE	REPS
Light Jog	400 meters	

**SPRINTS WORK**

TYPE	DISTANCE	REPS
Run	100 meters	4-8 times at 70% speed

**PLYOMETRICS**

TYPE	SETS	REPS
Tuck Jump	3	10
Jump Squats	3	10
Lateral Bounds	3	5 per side
Broad Jumps	3	5
Plyo Push Ups	3	10

# PRODUCTS

## XS PEAK PERFORMANCE PROGRAM

Combined with the changes from your personal diet and fitness plan, the XS Peak Performance Stack includes products chosen to help amplify your energy. Level-up your workouts, and support your journey. Below is a breakdown of the products included in the Peak Performance Stack.

### THE XS PEAK PERFORMANCE STACK - \$169.75

- XS™ Pre-Workout Boost
- XS™ Muscle Multiplier†
- XS™ Post-Workout Recovery
- Nutrilite™ Vitamin B Dual-Action



Please note that while we'll do our best to get all of your XS PEAK PERFORMANCE STACK 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	20-30MINS 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)	XS Pre-Workout Boost 1 Scoop		XS Muscle Multiplier EAA** 1 Scoop	XS Post-Workout Recovery 1 Scoop	Nutrilitte Vitamin B Dual-Action 1 Tablet			XS Muscle Multiplier EAA** 1 Scoop (optional)



## BENEFITS

- ¼ Serving of the XS Muscle Multiplier EAA blend.
- Clinical doses of Carnosyn®† Beta Alanine, L-Citrulline & L-Theanine to improve performance.
- 100mg of Rhodiola
- 115mg of Caffeine & Mega-dose of B-Vitamins.
- Gluten, Dairy & Soy Free
- NSF® Contents Certified

## XS PRE-WORKOUT BOOST

**1X DAILY** (before workout) **1 SCOOP**

**What it does:** Packs a fuel you can feel, increasing energy, supporting blood flow, and focus so you can push your workouts further!‡

**How to use it:** Drink just before your workout for a jolt of super-charged energy and focus.

**Why you'll love it:** Because when it's time to work out you need to be in the zone both mentally and physically, and this helps you do both! Some people describe the moment it kicks in as a tingling sensation. We just call it next-level fuel for your fitness.

## XS-POST-WORKOUT RECOVERY

**1X DAILY** **1 SCOOP**

**What it does:** Supports muscle recovery and joint health with clinical doses of glucosamine and L-Glutamine and next-level ingredients.‡ L-Glutamine is a naturally occurring amino acid that helps assist in muscle repair after exercise.‡

**How to use it:** Mix 1 level scoop with 12-16 ounces of water. Stir and consume immediately.

**Why you'll love it:** Because pushing your limits can take a serious toll on your body. This recovery drink supplement delivers everything you need for recovering after a workout so you can stay fully focused on crushing your peak performance goals!

## BENEFITS

- 5.6g of L-Glutamine.
- 2.1g of XS Muscle Multiplier† EAA blend.
- 1.5g Glucosamine HCL.
- 80mg Tumeric.
- 13.5mg Vitamin C.
- No artificial sweeteners, colors, or preservatives.



**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 mass.\*‡**

To get your body in optimal peak performance 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. You can also consume before, during workouts or in between meals.

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

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

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

‡Carnosyn® is a registered trademark of Natural Alternatives International, Inc.

§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.

# 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 Vitamin B Dual-Action 1 Tablet	XS Pre-Workout Boost 1 Scoop		XS Muscle Multiplier EAA** 1 Scoop	XS Post-Workout Recovery 1 Scoop			XS Muscle Multiplier EAA** 1 Scoop (optional)



## BENEFITS

- Bi-layer tablet for timed release of vitamins.
- 8 Essential B Vitamins.
- 75mg Organic Spirulina.
- 8 Hours of Sustained Energy.†

## NUTRILITE VITAMIN B DUAL-ACTION

**1X DAILY WITH MEAL 1 TABLET**

**What it does:** Each tablet makes sure your body gets the energy support it needs, when it needs it.†

**How to use it:** Take 1 tablet daily, preferably with a meal for a sustained 8 hour energy boost.†

**Why you'll love it:** Whether it's that early morning fog or the 3pm wall, occasional fatigue drains your body of the energy you need to get through the day. With the fast pace of life, it can be hard to get natural, energy-supporting nutrients – such as vitamin B – into your diets at the right amount, much less at the times you need it most.

# 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	20-30 MINS AFTER WORKOUT	DINNER
XS Muscle Multiplier EAA** 1 Scoop (optional)			Nutriline Vitamin B Dual-Action 1 Tablet		XS Pre-Workout Boost 1 Scoop	XS Muscle Multiplier EAA** 1 Scoop	XS Post-Workout Recovery 1 Scoop	XS Muscle Multiplier EAA** 1 Scoop (optional)

\*\*The XS PEAK PERFORMANCE 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.

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 mind and body throughout this journey. And remember, if you ever have questions, want more information, or help personalizing the best product mix for you, reach out to your XS Fit Coach for support.



## XS™ CBD PRO CREAM

Support your post-workout recovery from the outside with a soothing blend of 400mg of CBD, Arnica Montana Extract, Menthol, and Aloe Vera.



## NUTRILITE™ BALANCE WITHIN™ PROBIOTIC

This convenient probiotic stick makes it easy to support your immunity, digestion, and gut health with an exclusive blend of five probiotic strains and prebiotic fiber to encourage the growth of healthy gut flora.†



## XS™ PROTEIN PODS

Delivers fast-acting whey protein and BCAAs to help build and repair muscles in adventure ready, no mess pods.†

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# TRACK YOUR PROGRESS

While you'll want to revisit your fitness goals and micro-habits daily, use this page to track your performance along the way. You've already captured your baselines on page 8. As an optional check-in during Week 3, you may want 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 Week 6 Assessment to track your post-program performance gains.

## WEEK 6 ASSESSMENT

### MONDAY

**00:00** **1 Mile Run for time:** (Measurement of overall stamina)

**15:00** **Max Pull-Ups in 2 Minutes:** (Measurement of upper body strength and endurance)

**20:00** **Max Push-Ups in 2 Minutes:** (Measurement of muscular endurance in the upper body)

**25:00** **Max Sit-Ups in 2 Minutes:** (Measurement of core strength and endurance)

### TUESDAY

**00:00** **Every 2 minutes for 12 minutes, build to a heavy set of 3 reps max of Back Squats:** (Record max weight achieved)

**15:00** **Find your 3 rep Bench Press max then take 70% of that weight and go for max reps:** (Record max weight achieved)

### WEDNESDAY

**00:00** **5-10-5 Agility Test | Rest 2-3 minutes | Repeat no more than 3 times:** (Record your best time)

**10:00** **Max Burpees in 7 minutes:**

### THURSDAY

**00:00** **30 minutes of Active Recovery** (Bike, Skii, Row, Walk, etc.)

**30:00** **30 minutes of Active Mobility, Yoga, Dynamic Stretching, etc.**

### FRIDAY

**00:00** **Every 3 minutes, for 15 minutes, 3 reps max of Deadlift:** (Increase weight throughout the rounds and record max weight achieved)

### SATURDAY

**00:00** **Every 3 minutes, for 21 minutes, 400 meter run:** (Scale down to 200 meters if needed. Record your best time)

### SUNDAY

Rest, have fun with your family, and celebrate your wins!

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 6 weeks of focused Peak Performance 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 6 weeks?
- How do you feel? More confident/proud/stronger? Do you have more stamina?
- Did you find some additional activities that helped you achieve peak performance?
- 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 Peak Performance Program again?
- Perhaps you reached your gains goals or just want to shift your focus and tone up with the XS Toning Program or build more muscle with the XS Muscle Gains Program?
- Or, maybe you want to schedule your next XS Fitness adventure for a future date on the calendar when you're feeling ready to push your limits further and dive back in?

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