

From: TAILORED ATHLETE support@tailoredathlete.com
Subject: A sit down with our Founder
Date: 2 February 2022 at 19:07
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MEET HARRY SIMONIS

"The early ideas for TAILORED ATHLETE came when I attended my college prom.

I've always had a broad chest and shoulders, and a smaller waist and I couldn't find a suit to fit my physique.

I saw a gap in the market for clothes to truly fit guys who work out. At university, I surveyed outside the gym, wrote a business plan and developed TAILORED ATHLETE's first collection of shirts."

Harry Simonis, CEO & Founder of TAILORED ATHLETE



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Why do you workout?

"Originally it was for aesthetics. Where I am now though, my main goal is mental clarity, with aesthetics being a happy side effect. Working out is like my reset button to help my brain focus better on my work."

What else do you do to look after yourself?

"Working out keeps my head straight but on top of that, I have weekly sessions with a therapist. I also meditate for 30 minutes, followed by 15 minutes of journaling daily."

How do you train? Are there other training plans you've followed?

"I focus on Bro Split - doing a lot of back one day, chest and triceps the next, then shoulders. I've tried 5 by 5 Training before which made me super strong. Played around with Crossfit, and I run a lot, which I love."

What are your favourite places to travel to with fitness in mind?

"Dubai is amazing - the gyms have unlimited budgets and are just so well designed and equipped. Barcelona is one of my favourite cities as it has the whole package - good gyms, healthy food, beach, culture. I recently went to Mexico for 6 months to train, and I honestly don't think I've ever been that happy in my life."

[WATCH THE FULL VIDEO](#)
[ON YOUTUBE HERE.](#)

"TAILORED ATHLETE has always been about the purpose of what we want to achieve - great clothes, that actually fit guys who work out"



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