

Not afraid to admit that the only reason I started going to the gym in the first place, at least in the very beginning was because I wanted to look good. I wanted to look attractive to girls and I thought how having her body like the Hollywood movie stars would be the fastest way to get that. Of course many years later I know better, and I've come appreciate a lot of other things. So let's not forget one of the main reasons we start out. So in this video, we're gonna go into the seven secrets to really make your for z pop let's get into it. You have seen these visual illusions, right? Where you have two parallel lines and one of them has these two arrows going inward and the other one has the two lines going outward, the same length line, but one of them looks longer just because of the way it's framed just because of the way other things are in relation to it so it's like an optical illusion. Did you know that the same thing could happen with your body? Despite the absolute size or whatever your body actual size and length is, you can cause an optical illusion to make your body extremist. That's what we're gonna get into. And it all boils down to a single word proportion. It's really about building a proportionate body where the upper half of your opera body is wide. Your hip is narrow so you have that v taper and your legs are sufficiently developed so you look like a whole package rather than a top heavy fry. So here's the first step and that is to fix your posture. This is one of those things that if you do it, you will almost instantly make your body more attractive by revealing a more proportionate body. Imagine if I'm like this, not only does it look very anxious and on confident. It's just going to negate any proportion that I could have because my shoulders are narrowed down. Now the problem is most of Modern society requires people to sit down work in front of a computer. We develop this posture pretty much. I think ninety nine percent of us have this posture every gym is about pushing and its internal shoulder rotation. But in order to fix your posture, you need to open up your shoulder blades, almost sit them down, and that's going to accent your shoulder width, which will improve your proportion. You want to get strong in these two exercises is the overhead press and the pull up. If I could only two exercises in the gym, it would be these two. For the legs, I can do running sprint, jumps, pistol scores. I can do a lot of things with the body weight. But when it comes the gym, the king exercises the overhead press because your shoulders really won't make your physics stand out and if you have done an overhead press, you will know that your core gets engaged like crazy, your app, your oblique. Your glut, your legs, your upper back, your lower back, your upper chest, everything gets engaged. It is the most functional exercise as well. I've seen professional Chinese body bill to say. He doesn't even train the bench press because it's not very healthy on a shoulder joints because again, it's more locked in. This is naturally a more open movement on your shoulder joint, again, better for your posture, and it is just going to make your upper body look absolutely in same. It also targets the upper chest, which is what's lacking in most guys that just focus on the flat bench burst. The pull up, neither I even talk about the pull up. If you cannot do a single pull up yet, your priority should be to build up to doing pull ups is what's gonna give you not only a v tapered bag, but a thick bag if you start adding weight to your pull up, then you almost need no other back exercise. If you get strong on these exercises. Start lifting heavier and heavier and these two compound movements, that's what's gonna really make your ph pop. Try it. Next. Do some sports like cardio or football or jet or boxing or fencing or swimming. And the reason I say this is you see these body building guys walk around the street. I saw one today He was

wearing this white show he just come back from what. I don't wanna make fun of him, but it... I could just tell what sizes he die. He just does way too many lap pull downs. From the side, his body is really thin. He just has this kind of body building aesthetic. You do what you want. In my opinion that's not the most aesthetic way to build your body. You gotta look good from every angle. If you just do body building style training in gym. Your body looks like that guy that just hits the gym all the time. I'm not sure if you met these guys as well. Like, you do sports with them. You grapple over with them you play football with them, and their coordination all off. It's almost like what was all that training for bro? Like, you did all this thing to get stronger but you're not actually strong because you're doing just high rep training. You're always injured and you struggle to carry your grandma's groceries. What what is going on? What is the point on the contrary you have builders, movers farmers that have these like big forums, athletes like Ronaldo or phelps or whoever you look at them in, it's not that their body is shaped exactly proportionate like a Greek God, what their body screams, functionality, athletic and real usefulness and excellence in a certain field of human endeavor. There's something sexy about that. There's something aesthetic about that. You know what girls talk about as well. You know like the traditionally good looking guy. And then there's like the ugly good looking guy. Like Vincent K, the french actor. You look at his face facial like, something wrong with it, but it's like super hot to the girls because there's something weird. I think there's a science behind this as well. It's like, you don't want almost a perfect body building body. You want like almost perfect. With an imperfection with like a weird tweak. Like Julia Roberts her mouth is just a little bit too big. Angelina Jolie mouth is just a little bit too big. It's just these little imperfections that almost make you stand out and for us in the body building realm. It's like, if you just have that perfect body build look at just... I hope you know what I mean. It's a very subtle point, but this is why I actually think, you know, if you train some kind of cardio, some kind of actual sport, then it's gonna actually super charge aesthetics. This is like a deep secret. Well, lot, if you do cardio in in other sports anyway. So maybe you're doing it already. Next forearms, neck and vascular, I e, veins. They could be their own point, but I've kinda bashed them together because when you're starting out in the gym. You're not gonna be really focusing on the forearms and your neck and your traps because it's more for late intermediate advanced guys. Right? So even now I'm starting to do some neck training, I've done some forum training because those are my weak points in my body. But because they're the advanced muscles. If they are developed, you kinda stand out from The rest. It's also a very visible part of your body because a lot of the time you sleeves are old. Same with your neck, thick neck really just pops your entire ph makes you look more dominant in masculine, and the veins. The veins popping in your hands, your forearms, your bi, veins are what actually makes the muscle look really develop. Seen these cartoons were like these super science, They show all these veins because that's a sign of, like, real health. So you wanna develop good vascular as well. And the main way to do that is get to a low body fat percentage, which is the next point. You wanna just get so lean. There's not much belly fat all around your love handle area, there's not much fat, You wanna really, really focus on getting lean because if you're not lean, it's very hard to look aesthetic. Because all the muscles are not separated, all the muscles don't look as defined all the curvature or the lines that reveal the proportion or be hidden under the front. Next, you wanna look at your body on almost like a sculpt.

Because you have genetics, you have certain strengths and weaknesses, there'll be certain areas that you focused on a lot in the gym. Other parts will be not as developed. Like my forearms, my neck. These are areas that I haven't trained as much. In this case, you wanna look at your body almost like a sculpt term and be like, Okay. These are the positive that missing. Maybe I should put a little bit of attention on this. But, of course, if you're a big beginner, focus on the biggest muscles, don't try to just do these like, trap exercises and stuff if you're just starting out, get the fundamentals first. Finally, the final tip is everything that surrounds. Right? So you have... You're building this body according to all these tips of giving you, but you need to know how to wear the right clothes that really frame on your body that really accent your best features wearing a shirt that's not too tight that makes your shoulders look small like this. But if the seam is kind of a bit lower on your shoulder, it makes your shoulders look wider, bit loose or too tight like you're trying to show or maybe getting the right haircut so that your face fat isn't accent and body language. Eye contact. Need mention all these things. It's a video about body butt. Your body is like a vessel. It's like how you carry your body. If you have a relaxed, confident laid back body language. For some reason, your body gonna look more aesthetic than it is. If you look confident if you're smiling, if you're chilled, if you're enjoying life, if you're passionate, everything's gonna look better. Your clothes gonna look better. Your face is gonna look better, your body is gonna look better, and this is the real secret. I hope these tips helped you. Let me know if you have any questions or if you have other things that you want me to go into. To you your next video.