



STRICTLY AESTHETIC
A BLOG FOR EVERYONE

A TOTALLY SHREDDING PROGRAM

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- Chapter One -

The Lean Appearance



Nowadays it is really prestigious to have a lean and solid body. In our present society people are suffering to lose weight, that's why the lean appearance is truly cherished and respected.

Who on planet earth wouldn't want to have a lean and solid physique ?? like that of Scott Adkins from "Undisputed" movie franchise or Daniel Craig from "007" franchise . for example, viewers and movie critics still talk about Scott Adkins's physique in "Undisputed 2" that was released 10 years ago, without any doubt this wouldn't happen If Scott Adkins didn't hustle hard to get the body he wants. Remember It's all about **TAKING ACTION**.

I presume you are wondering, what makes Adkins and Craig look so good ? The answer is pretty simple ,they got themselves below 10 % body fat. At this point you get the classic beach look that everyone wants to have by summer. Only a very low amount of people walk around with such a lean physique .

Having six-pack abs doesn't mean that you are LEAN !

The vast majority of people believe that having six pack abs proves their leanness but that is totally incorrect. When they understand that they were wrong they start to bulk up during winter. This method is inefficient at most of the times.

Facial Transformation

Truly amazing things happen to your face when you get lean. Your face will start to appear more jagged and sculpted, moreover your jaw lines and cheekbones will become more blatant and defined, this is truly amazing ! For this reason fitness models are usually slim and lean.

Your Wardrobe

When you have a decent amount of muscle and low body fat percentage, clothes you usually wear will look way better and more stylish. This is exceptionally true for those guys that tend to care about their style and attire .

Athleticism

The vast majority of professional athletes tend to be very lean and sculptured , basically "excessive body fat" is the basic factor that may prevent you from running faster , jumping higher and walking for a longer period of longer , its like doing push ups or sit ups with a vest that weights 10 kg (22 lbs) , believe me its way more challenging that way.

Your Health

To be totally honest with you getting lean is pretty challenging, getting to the lean state and maintaining it requires some hard work . You need to consume your food strictly according to your body needs, without any exceptions you should consume healthy and nutritious food while restricting fast food . Unfortunately the vast majority of people nowadays eat too much and too often for no apparent reason , without any doubt this puts their bodies into a massive stress.

Confidence Booster

Having the capability of being in control of how your body looks , is a massive confidence booster , when you will finish reading this Ebook you will be able to understand and master your eating scheme/diet and know how to lose your fat ,therefore maintain your leanness. The question is , How many people can say that they are in total control of how they look with confidence ? I presume not much !

Grades Of Lean Body

People always ask, What is the limit of being LEAN ?

From our viewpoint anything from 8 % to 12 % body fat is perfect and on point . In most cases when people start to going above 12 % body fat , they start to lose their lean appearance.

If you go under 6-8 % you will start to look idiotically lean, moreover it is not realistic to maintain for a long time.

You must choose your own path. For some people getting to 11-12% body fat is going to be totally ideal. And that is perfect !

Some other people would want to get to 10% or lower. That is also perfect! You have your own goals that you need to hustle hard for to accomplish.

9-10% body fat

Part of the Body is Becoming Really Defined.
Some Body Parts Dimmed By Fat.
Look Better With Shirt Off .
Face Will Start to Appear More Prominent.
People Will Consider You Physically Fit.

Note

This state is easy to maintain year round. You look great in a shirt and still quite impressive with a shirt off. Furthermore, your testosterone levels won't get messed up from being too lean.

8% body fat

Equal Definition Over Body Parts.

No Noticeable Fat on Any Body Part.

Look Perfect In Clothes, But More Remarkable With Shirt Off.

Face Becomes More Angular.

Notes

At this point all the cuts are starting to fully appear all over your body, you look perfect with or without lightning , sitting or standing.

Moreover, you will see some awesome vascularity kicking in at this point , 8 - 9 % body-fat is nice to maintain during the summer time , please do not try to maintain this body-fat level all year long as you're putting yourself in risk of having testosterone issues.

Final Comments

At this point you should have some basic awareness of the advantages of being lean and muscular.

Moreover, you should also have a general idea of the level of leanness you are aiming for .

YOUR NOTES

-Chapter Two- Strength And Muscularity



For the sake of having a phenomenal physique you need to be lean, muscular and strong.

Having a low body fat percentage and six pack abs is not enough at all.

The combo of strength, muscularity and toned muscles is what the "A totally shredding program"

Sadly, this type of physique is essentially inaudible nowadays. There are tons of over bulked gym bros out there that can lift enormous weights but can barely do 6 chin-ups. These same gym bros essentially live and breathe in the gym and kitchen, but their bodies are totally unattractive and lack any definition.

Furthermore, there are tons of guys with lean and toned bodies but have no muscle development. Those "fit" bros may have a good definition but usually they look like skinny teens that lack strength and some muscle mass.

Finally, there is a small group of men who actually walk around with toned and muscular bodies all year round. These men usually take their nutrition and workout very sincerely. Most of them work in the fitness industry and modeling.

Sadly, those men follow strict diets and training routines inspired by the "professionals" ; the "professionals" that inject scary amounts of steroids. Natural gym bros on harsh diets can't handle nearly the same amount as guys on anabolic steroids.

Therefore, these natural gym bros put in plenty of time and hustling for slight to no added advantage. When these natural gym bros need to cut down to a single digit body fat percentage for a photo-shoot or tournament they usually look very slim and lose some muscle mass.

It wasn't always like that !

A century ago when men were lean, muscular and amazingly powerful. They didn't use steroids, advanced supplements or anything. Yet they looked much better and stronger than the top gym bros at your gym nowadays.

It is the prevailing dieting trend of eating every 2 hours with pre, post and during workout diet that makes it hard to be lean and muscular. Sadly, It is the mainstream high stress routines that people nowadays are following, that makes it extremely hard to develop strength and gain muscle mass.

People need to take couple of steps backward and become more self-conscious, 80% of diet/workout advice is to get you to spend more, more and more money.

We're going to crush some myths, and provide you with the **REAL** way to develop the physique you always wanted to have.

Accomplishing the Muscular Appearance

Constructing a nicely developed, lean physique requires a very delicate approach. This approach requires some serious strength training, diet and cardio.

Training for Hard & Solid Muscle Mass

To obtain a magnificent lean body, strength training is necessary!

Training frequency, routine choice, sets/reps and rest periods are all important in developing a solid body in the most **aesthetic** way.

Muscle development is going to be slow but after months of persistent and steady training it will be worth it in the end of the day. Furthermore, the muscle that you will gain will be solid and dense. You will look phenomenal every single day whether you are in or out of the gym.

On the hand, those who hurry to put on some size by following super high stress routines – "total waste of time" – become slaves to the gym. They appear lean one day but slim and weak another day. If they take more than a week off from working out they will start losing muscle. Their muscles look enormous and jacked during their training, but by the time they get home from the gym their temporary pumped appearance is simply gone.

Diet for Muscle Gains & Fat Loss

Diet is the most crucial aspect of our ebook. Without a proper diet you will never get to a low body fat. The diet must be set up in a way that gives you a chance to freely eat at a caloric deficit condition to lose any extra fat you have. Moreover, it is critical to provide your body with the right amount of protein and carbohydrates to allow muscle development. also, the diet must be understandable, easy to follow. Simplicity is an important aspect on the road for success.

Cardio & Fat Loss

When you become skilled in dieting and training, cardiovascular training becomes less meaningful.

We truly believe that it is crucial to get in physical activity on daily basis. Exercise has a bundle of benefits that increase your dietary loyalty. furthermore, physical activity will increase your energy expenditure, which will therefore increase your caloric deficit.

YOUR NOTES

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