

6-MONTH WORKOUT PROGRAMME

FOR AESTHETICS



@ todor_cross

ABOUT THIS PROGRAMME

Aesthetic bodybuilding is a form of art. If you want to have an aesthetic physique you need to target the correct muscle areas. Many gym enthusiasts, and even personal trainers overcomplicate this process. It's simple, if you focus on specific muscle groups, train them consistently for a long enough time, and consume the correct nutrients the outcome will always be the same - muscle growth (hypertrophy) in the right areas of the body to display that desired Greek God look that everyone wants and sees in superhero movies.

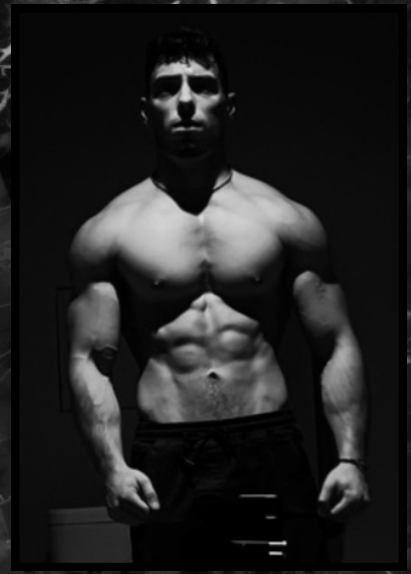
I have condensed the most important things I have learned about building an aesthetic body over the 9 years I have been training for. All of the necessary knowledge is included in this short and simple programme and is what got me the results you can see below.



0 YEARS



2 YEARS



8 YEARS

CONSISTENCY IS KEY!

HOW IT WORKS

MONTHLY WORKOUT PLANNER

Designed to implement a PUSH, PULL, LEGS regimen allowing you to hit each muscle group twice per week for optimal balance of training frequency and recovery (Pages 5-6).

The programme incorporates two different blocks (variations) for each workout (A and B), which you will alternate every other month. This is to provide extra muscle shock to the body and prevent it from getting used to the workout routine, hence leading to constant muscle growth and progression.

DAILY WORKOUT PLANNER

In addition to varying the workout routine for each muscle day (alternating between workout A and B each month), aiming for progressive overload is another factor that needs to be considered in order to achieve constant muscle growth.

Each daily workout log is provided with an input box for the weight you lift on that day for every exercise (Pages 7-12). The next time you do the same workout you need to try and lift a slightly heavier weight for the exercise or more reps within the specified rep range. This is termed PROGRESSIVE OVERLOAD and is one of the most important things for muscle growth. You don't have to do it for every exercise or lift a heavier weight on every workout, however, you should try and make progress where you can and always keep this aspect as your primary goal. I recommend applying this to the compound movements you do at the start of the workout when your energy levels are at their highest. Use the editable boxes to enter your heaviest lifts for each exercise on that day. During your next workout if you manage to lift a heavier weight change the previous value to your current personal best.

FOCUS PRINCIPLES AND MUSCLE TARGET AREAS

The overall programme focuses on key principles for building muscle (Page 3), while targeting specific muscle areas to sculpt an aesthetic physique (Page 4). Primary focus should be placed on this to get the most out of the programme.

THE FIVE PILLARS



PROGRESSIVE OVERLOAD

Increasing the workload for each workout



CONSISTENCY

Repeating the workout for long enough to allow the body to grow and change



CALORIC SURPLUS

Consuming more calories than the amount needed for maintenance



MIND-MUSCLE CONNECTION

Focusing your thoughts on muscle contraction when lifting the weight activates the correct muscle area



REST

Rest is essential for damaged muscle fibres to repair and grow

MAIN TARGET AREAS FOR AESTHETICS



SHOULDERS



UPPER CHEST



LATS



QUADS

MONTHLY WORKOUT PLANNER

	Week 1	Week 2	Week 3	Week 4
Monday	PUSH DAY (A)	REST DAY	LEG DAY (A)	PULL DAY (A)
Tuesday	PULL DAY (A)	PUSH DAY (A)	REST DAY	LEG DAY (A)
Wednesday	LEG DAY (A)	PULL DAY (A)	PUSH DAY (A)	REST DAY
Thursday	REST DAY	LEG DAY (A)	PULL DAY (A)	PUSH DAY (A)
Friday	PUSH DAY (A)	REST DAY	LEG DAY (A)	PULL DAY (A)
Saturday	PULL DAY (A)	PUSH DAY (A)	REST DAY	LEG DAY (A)
Sunday	LEG DAY (A)	PULL DAY (A)	PUSH DAY (A)	REST DAY

MONTHS: 1, 3, 5

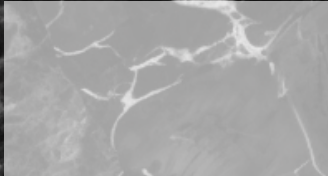
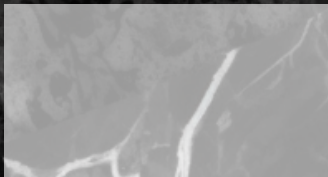
MONTHLY WORKOUT PLANNER

	Week 1	Week 2	Week 3	Week 4
Monday	PULL DAY (B)	REST DAY	PUSH DAY (B)	LEG DAY (B)
Tuesday	LEG DAY (B)	PULL DAY (B)	REST DAY	PUSH DAY (B)
Wednesday	PUSH DAY (B)	LEG DAY (B)	PULL DAY (B)	REST DAY
Thursday	REST DAY	PUSH DAY (B)	LEG DAY (B)	PULL DAY (B)
Friday	PULL DAY (B)	REST DAY	PUSH DAY (B)	LEG DAY (B)
Saturday	LEG DAY (B)	PULL DAY (B)	REST DAY	PUSH DAY (B)
Sunday	PUSH DAY (B)	LEG DAY (B)	PULL DAY (B)	REST DAY

MONTHS: 2,4,6

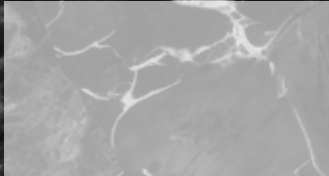
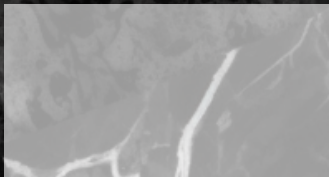
DAILY WORKOUT PLANNER

PUSH DAY (A)

EXERCISE	SETS	REPS	WEIGHT
INCLINE DUMBBELL PRESS	4	6-12	
DUMBBELL SHOULDER PRESS	4	6-12	
ARNOLD PRESS	3	8-12	
CABLE FLIES	3	10-15	
LATERAL RAISES	3	12-15	
FRONT RAISES	3	12-15	
TRICEP PUSHDOWN DROP-SETS	3	8,8,8	

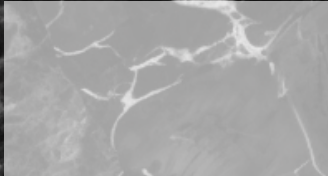
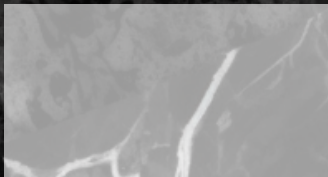
DAILY WORKOUT PLANNER

PULL DAY (A)

EXERCISE	SETS	REPS	WEIGHT
LAT PULLDOWN DROP-SETS	3	8,8,8	
SEATED MACHINE ROWS	4	6-12	
BENT OVER SINGLE ARM DUMBBELL ROWS	3	8-12	
DUMBBELL TRAP SHRUGS	3	8-12	
BENT OVER REAR DELT DUMBBELL RAISES	3	12-15	
SEATED DUMBBELL CURLS	3	12-15	
CABLE ROPE HAMMER CURL DROP-SETS	3	8,8,8	

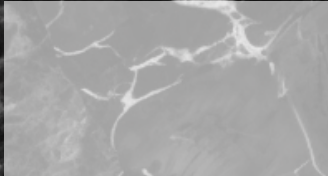
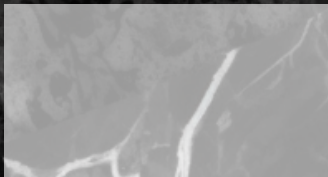
DAILY WORKOUT PLANNER

LEG DAY (A)

EXERCISE	SETS	REPS	WEIGHT
BARBELL BACK SQUATS	4	6-12	
BARBELL ROMANIAN DEADLIFTS	4	8-12	
LEG PRESS	3	8-12	
QUAD EXTENSIONS	3	10-15	
HAMSTRING CURLS	3	10-15	
STANDING CALF RAISES	3	12-15	
SEATED CALF RAISES	3	12-15	

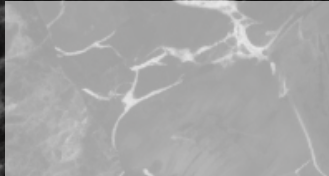
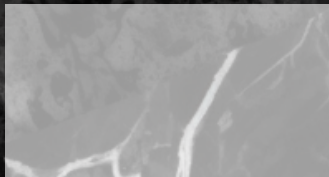
DAILY WORKOUT PLANNER

PUSH DAY (B)

EXERCISE	SETS	REPS	WEIGHT
MACHINE CHEST PRESS	3	8-12	
INCLINE DUMBBELL PRESS	4	6-12	
ARNOLD PRESS	4	8-12	
UPRIGHT BARBELL SHOULDER RAISES	3	8-12	
LATERAL RAISES	3	12-15	
FRONT RAISES	3	12-15	
TRICEP PUSHDOWN DROP-SETS	3	8,8,8	

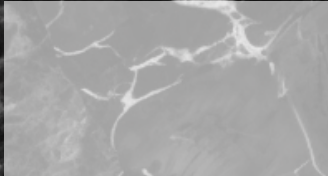
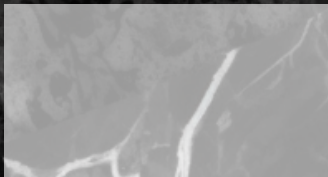
DAILY WORKOUT PLANNER

PULL DAY (B)

EXERCISE	SETS	REPS	WEIGHT
WEIGHTED/ BODYWEIGHT PULL-UPS	4	6-8	
LAT PULLDOWN DROP-SETS	3	10,10,10	
BENT OVER SINGLE ARM DUMBBELL ROWS	3	8-12	
INVERTED GRIP BENT OVER BARBELL ROWS	3	8-12	
BENT OVER REAR DELT DUMBBELL RAISES	3	12-15	
BARBELL CURLS	3	8-12	
CABLE ROPE HAMMER CURL DROP-SETS	3	10,10,10	

DAILY WORKOUT PLANNER

LEG DAY (B)

EXERCISE	SETS	REPS	WEIGHT
BARBELL BACK SQUATS	4	6-12	
BULGARIAN SPLIT SQUATS	3	8-12	
BARBELL ROMANIAN DEADLIFTS	3	8-12	
QUAD EXTENSIONS	3	12-15	
HAMSTRING CURLS	3	12-15	
STANDING CALF RAISES	3	8-12	
SEATED CALF RAISES	3	8-12	



THAT'S IT.