**Lesson #1: Aesthetics Intro**

Hey guys, welcome to the Aesthetic Hacks Module.

Now you know how to build muscle, now you know how to lose fat, but remember, there are a lot of guys out there that are huge, they're shredded, but they just aren't aesthetic.

How do you specifically get a body that the girls love? That aesthetic physique, this is what this section is about.

I'll explain how to get that V-taper.

I'll tell you whether you should even be training abs at all, because I actually don't train abs, and I'll tell you why.

Also, I'll explain to you guys how to get the proportions that you want, what you need to be doing with your skin, how to improve that jawline, what kind of clothing you should wear when you have to wear clothing, and even more.

Stay tuned.