**Lesson #2: V-Taper**

So first let's talk about the V taper.

The V taper is a pretty essential part of an aesthetic physique.

Now some of your V taper is determined by genetics, your bone structure. But, there are ways to improve it in the gym.

Your V taper is determined by three main components, your waist, your shoulders and your lats. The V taper is basically the difference between your shoulders and your waist.

Big lats also help your waist look smaller. You might have noticed in the workout module that I left an isolation exercise at the end of each workout for you to choose. You should choose this exercise based on your genetics.

For example, on a push day, if you have a crazy V taper, small waist, broad shoulders and you're happy with it, that's great. You should focus on some tricep extensions, or something like that.

But, if you really want to improve that V taper, do some lateral raises to make the lateral head of your shoulders bigger, which will make you wider up top and give you the appearance of a smaller waist.

Now the same goes for back day, lat pullovers are perfect for fixing lagging lats.

Now your waist is also pretty genetic, but there are things that you can do. Obviously, losing body fat will shrink up the waist. Your waist is going to look a lot smaller at 8% body fat than at 12% body fat.

Another thing that has an effect your waist size is abs, which I will talk about in the next section.