**Lesson #4: Portions**

Proportions.

Building your aesthetic physique is like carving a sculpture, right?

You are the artist. You get to decide how the final piece of art looks.

You get to decide which body parts you want to make bigger and smaller. That's one reason I left an isolation exercise for you to pick in each workout so you can tailor the workout to the sculpture that you want to create.

In fact, you can go beyond that if you want. Substitute another exercise for one that hits your lagging muscle groups. It's pretty suggestive what looks good and what doesn't. Again, you're the artist, so you get to decide.

I'll give you an example from my experience. I used to think my arms were way too big. They were way out of proportion in my opinion. Because they were so big they actually made my shoulders look small and they really hurt the aesthetics. I decided to work on my arms less and my shoulders more. Pretty simple, right?

One thing you can do to help this process go faster is called pre-exhaustion.

Pre-exhaustion is doing one or two isolation exercises that work your lagging body part at the beginning of your workout. This fatigues the muscle so it actually has to work harder relative to the surrounding muscles throughout the entire workout.

This will lead to more gains in that muscle group.

For example, I like to pre-exhaust my chest on push day. I think my triceps are a little overpowering and my chest is a little lagging. I do cable crossovers or flys at the beginning of my workout which tires out my chest so when I go on to the more compound movements like bench press, my chest is already fatigued so it actually has to work harder than it normally would.

My triceps are fresh, they have not been worked at all. They are actually getting hit less than normal on bench press. Over time, this will lead to your lagging body parts catching up to your dominant body parts.