**Lesson #6: Lighting**

Lighting.

Lighting is a complete game changer when it comes to ho w a physique will look. Under good lighting, you're going to look a lot bigger and leaner than bad lighting.

You can basically go from looking like you don't even lift to people accusing you of steroids just from lighting.

Good lighting is down lighting. Lighting that is above you and slightly in front of you, pointing down on you, that's what's going to bring out the shadows and cuts in your abs and chest. Also, dimmer and warmer lighting is usually better than bright lighting.

Bright lighting can cause your physique to look washed out, not enough shadow showing. The brighter and whiter the light, the tanner you're going to have to be to make up for it and still look good, still have the shadows show.

The worst lighting is a bright light pointing straight at you, all right? This is going to completely get rid of any shadows and definition in your abs and the rest of your physique.

We can't have good lighting all the time, but whenever you're taking an Instagram picture, try to find warm down-lighting. Whenever you're showing off the physique for girls, try and face some kind of light that is shining above and in front of you.

If you're outside, always face the sun. No matter what, the lighting when you're facing the sun will look much better than when you're facing away from the sun. If you want to do an outdoor photo shoot or something like that, the best lighting from the sun is in the early evening. The sun is less bright, but it still casts a shadow at a good angle, all right, to show some aesthetic shadows on your physique.

Make sure to exfoliate your skin, you know, to rub off all the dead skin cells beforehand so you get a nice even coat. Then just hold it about six inches away and spray it all over your body all right.

It'll start to fade off in about a week so you will have to reapply it about once a week. I usually just spray it on before you know I need to go to an event or film a YouTube video or something like that. The more coats you put on the tanner you will actually get. Make sure you're waiting at least three to six hours before spraying your second coat to make sure that the first coat has shown up.

Now shaving is pretty important too all right. Shaving your entire body brings out definition and makes you look leaner. I like using an electric raiser all right, it's easy and remember it doesn't have to be that close of a shave. I like to keep my entire torso always shaven.

You can leave your lower arm hair or leg hair if you want because it does look a little more normal and there are not a lot of cuts around there that where you really need to bring out the definition.