**Lesson #8: Clothing**

Clothing.

So, no matter what, if you follow this program and build an aesthetic physique, clothing is only going to hurt the aesthetics, unfortunately, but, there are many clothing choices that can keep you as aesthetic as you possibly can.

First, when it comes to the gym, Adonyx clothing, it makes you look like a Greek God, simple as that, there's not much to say. You guys can get some by checking out:

[Adonyx.net](https://adonyxclothing.com/)

When I'm not in the gym, I like to keep things simple. This style I'm about to tell you will work for pretty much anyone. You guys hardly ever see me wearing it because it looks good, it shows off the aesthetics.

Remember from my YouTube videos, I'm usually trying to hide the aesthetics for a good reaction.

First, I like to stick with pretty muted colors, nothing too bright or flashy. Try things like gray, white, khaki, faded blue or dark green. I also like to wear slim fit T-shirts, collared shirts and button downs that are pretty boring. Slim fit obviously, to show off the aesthetics, but you don't want it to be skin tight. You are just going to look like a complete douche bag.

And boring as in no fancy prints, or not a lot of words or anything like that. You want the girls to focus on the whole picture, the physique, not just some saying on your shirt.

For legs, I like to wear either khaki jeans of khaki chinos. These look just a little nicer and better than regular jeans. Again, they should be slim fit to show off the legs, but not skin tight. Unless you skip leg day, then you might want to wear some baggier jeans.

For shoes, it is pretty much up to you. I would recommend something pretty casual like boat shoes or canvas sneakers. Just don't go out at night in jeans and a polo wearing some basketball shoes, or something like that.