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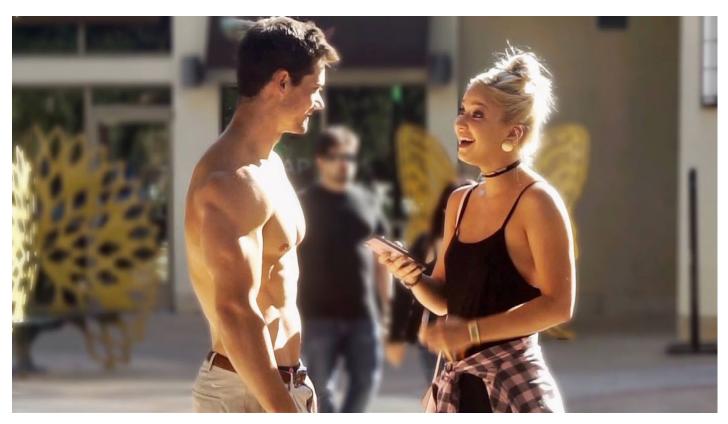
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INTRODUCTION

Alright guys, what are you planning to do with your "Phuckable Physique?"



You don't want to hide it under a shirt; you want to put it on Tinder display so she'll swipe right, right? You've put in the hours and you've gotten the aesthetic body women will love, now it's time to take yourself for a test drive!

You want to get out there on Tinder and make some waves. When I first started my Tinder account, I was terrible at using it. I got it all wrong, even though I was already Aesthetic! Some guys told me a sh*t ton of useless Tinder "tricks" to attract matches, that just didn't work.

So, I took to the streets to test my Tinder main image and I found out from a range of very hot women that I had it totally wrong.

I've been experimenting with what works and what doesn't ever since and here are my best Tinder tips and success stories. Feel free to try them out and let me know if they've worked for you





CHAPTER]: The perfect "Phuckable" Pic

The first thing the women are going to see is that main photo and it's got to be your best. A first impression is made in 1/10 of a second when a woman looks at your picture. It's a crazy split-second choice to go left or right.

It's all about the aesthetics man. You might have this Superman physique but that doesn't mean you have to take a bad bathroom mirror selfie with your shirt off.

The girls in my vlog said, "lose the selfies" and I have listened. The swipe righters have spoken!

Okay, so the million dollar question: shirt on or off? Well, it's all about the context. If you want to roll shirt off, get someone else to take it for you OUTSIDE.

So go outside, into the sunshine, lose the shirt and play some Frisbee or surf or

skateboard or just hang. Let them see your eyes (no creepy, stalker sunglasses) and a big welcoming smile.

Sometimes we think we are looking really cool with our dark shades and faded mirror, but it just comes across as psycho. Remember your audience -the women. We must think about what they like to see, not what we like to see.

And girls want to see our awesome bodies shining in the sun.

What Do You Really Look Like Man?

Your main pic is everything. It's the first impression -no one is going to swipe right on an unflattering, badly lit, vest-lifting gym selfie.

Man, what the hell -you're more creative than that! But you don't want to put up a photo of yourself from years ago or that is so seriously airbrushed you look like an animated character.

Did you see the recent hashtag -#OnTinderAtTinder which shows the difference between peoples Tinder pics and their real life looks? You will be found out.

Scary man! Don't deceive if you want to receive the quality women, the same way you wouldn't want a girl to do to you.

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Who is That Hot Girl in the Picture with You?

Also, don't have other people in your main photo and especially not another girl. Wrong signal man. It's all about you -putting your best face forward. You know which photos of girls you like and swipe right on -they're of good quality but not taken in a studio. Those people are trying too hard. That's a little bit desperate. Just get a good photo of you in close-up, making sure it's from the waist up to show off those biceps, triceps and abs.

If you are struggling to choose the all-important Tinder main photo -don't panic. Just ask different female friends their opinion. Show them a handful of ones you like and see their reactions.

Remember: you are looking to get the best reactions from women on Tinder -so find out what works from a female perspective.

Photo Feedback

You can also try sites like HotorNot.com or Photofeeler.com if you want more feedback on your photos. Tinder also has the "Smart Photos" feature that rotates your images to see which of them does the best in the first position.

I have turned this feature off on mine because after some trial and error I found out which photo worked the best for me so I am sticking with the one that gets me matches and super likes (more about that later).

Your Six Pack Pics

Okay, so let's say she swipes right. Now she's going to check out your other photos. She's imagining how she will fit into your current lifestyle.

You might want to ditch the "bromance" beer festival pics and present different sides of your cool personality and adventurous existence. Don't use the same pictures as everyone else -lose the clichés. Try not to have loads of group shots where she has to guess which guy you are and actually decides your friends are a lot hotter. (ouch!)



Don't put up photos that you're not actually in -like of your dog. There will be time for pet swapping pics later. However, if you're in the picture with your puppy -then that's a winner.

You can put up loads of photos on Tinder (6). But don't put up 6 if you only have 3 good ones. You're only as hot as your worst picture. Only choose the best ones guys. Trust me. It's not a photo album of your entire life. Go for the highlights of your present, especially with your latest "Phuckable Physique" look.

International Man of Mystery

Apparently the girls like the mysterious guy look as well.

If you can pull off that look -do it! I like to rock the Clark Kent vibe every now and again. Maybe one is of you in a suit (the ladies like that). They want to see that you can clean up good.

tinder Cheat Codes Keys to 10x ye



Try to make her smile, because your 6 pictures are there to show her you are a total catch. Perhaps you travel the world, hang out with cool people, (plus you're already superior physically to most thanks to the PP) and you do overall interesting things in your spare time.

They should show that you get out a lot and you're not stuck indoors behind your computer 24/7. If you've got some serious babe magnet skills like playing guitar or solo rock climbing -add those into the mix. The wider your range of interests shown in your images, the wider the pool of women who will be interested in diving into them with you.

A study by Chemistry.com found that 81% of singles want to see pictures showing your every day life. Travel images are also a big plus because it shows you are adventurous, but don't forget to add some of you that are taken closer to where you live.

You also don't want to have pics of yourself that all look the same. Imagine a guy with six pics of him doing a bicep curl...yawn!

Show off what you get up to in your fast paced and Aesthetic lifestyle. Absolutely no boring stuff that puts her to sleep just by looking at it. And for now -keep your snake in its cage. Keep it cool and classy -lose the lewd (all in good time, young grasshopper).

Number Crunches

There are a whole lot of guys that say you must get into the data and work out the statistics for which photo is hooking the most women. In my opinion, this sounds like a lot of hard work that will be better spent in the gym. If you're that guy, that likes that sort of mathematical stuff -go wild.

But I like to keep things simple: If you're getting matches -you're doing something right, if not -then its time to re-evaluate. Some guys like to test their photo by seeing how many swipe rights it gets in a certain amount of time. Then they try the other photo.

Go for it if you're into analytics. I only look at the stats for my video game quests, but Tinder isn't a bad swap for that.

Photo Shop Hot

Some really smart guys modify their Tinder photos with text or other images. They are attention grabbing because most guys don't get around doing that stuff. Do it if you can because you will definitely stand out from the crowd.

If you need some free design software options to help you make your images pop, try some of these:

<u>Gimp</u> <u>The Nik Collection</u> <u>PixIr.com</u> <u>Sumopaint</u> <u>Easel.ly.com</u> <u>Bonfire Photo Editor Pro</u> <u>PicSay</u> <u>GoArt</u> <u>Skitch</u> <u>Piclab</u>

CHAPTER 2: THE BIO OF HER DREAMS

Alright guys, time for your bio.



Your photo caught the girl's attention and she is looking at what you've got to say about yourself. Rule #1: Don't use emoji's to spell out your life story, you've got to use actual words (they like that, that's why writers get so much tail)

Now you are up against some guys who are copywriters for a living or content marketers so you've got to up your game. Yes, your abs will probably outshine their words but you still have to get your story straight. You want to get a tsunami of matches, so the words you choose should be done so carefully. Odds are, what she reads about you will come up in the first message she sends you.

It's great to pose a question in your bio, something interesting that they really want to answer. The TinderHack guru, Blake Jamieson, says you've got to add a "challenge line."

For example, a challenge line I've used that worked well was "How many siblings do you think I have?"

Girls want to get the answer right and often will message you their best guess (and then you start to chat!) It's almost like a call to action like in a sales commercial.

Whether they guess right or not is irrelevant, what matters is that the conversation started...and she's the one who initiated.

Boring the Pants Off Them?

Guys you're not writing a LinkedIn profile okay -you want to make your bio like an enticing tweet. Not too long and a little funny, nothing too serious or weird. Don't be that weird guy. If you are, I see a swipe left in your future man.

You have got 500 characters to make a major impact. As a result you need to take some risks.

You've gotten this far so don't get lazy here. She might love your abs but if you sound like you are writing bad song lyrics, cheesy poems or stalker sh*t you're going to be sitting at home with your mother watching Netflix on Friday night.

You don't have to be all Mr. Perfect either-it's Tinder not Match.com. You can be a little bit wild, edgy, funny or cocky, just NOT serious and BORING. Even if you're just looking for a hook up, you've still got to make a bit of an effort. If you've got something funny going on, share it! We all remember what makes us laugh.



Here's a funny one a buddy of mine showed me:

Guy: If you told me to jump 3 feet, I'd say that's too high.

Girl: Lol, why?

Guy: I only have a 34-inch vertical. Girl: So?

Guy: So what I'm saying is, I hope you are willing to settle for 2 inches less than you expected.

Bio Tactics

There are 4 Bio Tactics that the typical Tinder "expert" will rant about.

Some go for the completely outrageous and exaggerated stuff to grab attention and then at the end say, "message me for the real truth."

This works well for women in their 20's since they like a confident, fun, and memorable bio.

Other guys like the less is more approach -"73% gentleman, 27% rogue." Then there is the tell it like it is straight talker - where they just say what they're doing in their life at this moment and are looking to include the women in their particular interests of choice.

Last up is the risk taking, dare devil who wants to cart women off to Paris for Breakfast or tandem jump from a plane. I'd experiment with all four and see what works best for you and your lifestyle.





Insta-Tinder -FB

Tinder let's you embed your Instagram profile into your bio which lets you show more of your personality and totally awesome aesthetics. (go to Instagram click "Edit Profile" then click "Connect")

(That's of course if you actually use your Instagram account and the images are cool).

You can also get some love from Facebook. Tinder shows mutual Facebook friends and all of the pages you've "liked" recently -well up to 100. Be sure you've liked some super cool pages that will show off your interests that can hook women's attention if they've liked the same page.



CHAPTER 3: FIRST MESSAGE MASTERY

Alright guys, so you've got the best photos, your bio is funny and confident, you've swiped right and boom -you've got matches.

Something is definitely working for you. Who's going to make the first move? You need a power packed icebreaker to destroy the competition. This is where the hard work starts. The swiping was easy but can you hold a conversation?

The majority of guys are slow to make the first message move so if you've got the balls to go relatively quickly, you'll be way ahead of the pack.

Women don't usually send first message, so it's really up to you. When you get that great notification that you've been matched with someone, don't get trigger-happy and fore off a message straight away. Give it a few minutes at least. You don't want to be that obsessive creepy guy.

Shortcuts to Speaking

The New York Times reported that people logged into their Tinder app at least 11 times a day adding up to about 90 minutes of swipe time daily.

The stats are in guys -there are 50 million Tinder users swiping around 1.4 BILLION times a day resulting in around 26 million matches. If you want to start some great conversations, it might end up being a part time job! Some people have even resorted to getting virtual dating assistants to do the legwork for them, just as our founding fathers thought we would!

I like to speak for myself so I have created a few saved conversation starters to speed up the initial chat. You can set these up on your iPhone (if you have one, otherwise you've got to text it out). You got to "Settings" and then to "Keyboard shortcuts." This will save you a ton of time, as you'll notice some very common phrases you'll want to use over and over again with different girls.

Say it with a Gif?

The co-founder of Tinder, Justin Meteen, says "the biggest mistake people make once they've been matched up with someone, is to try and use a pickup line."

It's so 1996, please stop it. And don't just send "what's up" or "Hi there" -you have to start strong...but clean. Not many ladies like dirty talk as an opener. Take a look at her profile and see if you can trampoline jump from something she has said. If you're lost for words, use a GIF. Tinder's got thousands of them. And they can make the ladies laugh out loud.

PRO TIP: don't swipe on Tinder when you're wasted. You're going to sound stupid – because you can barely stand. Turn off your push notifications and wait until morning when you can see straight again.



If you have bowled her over with your "Phuckable Physique," stirred up her curiosity with your bio and ignited her interest with your cool conversation, it's time to take it off Tinder.

You can slowly move over to Facebook or WhatsApp (you don't need to get her number straight away – but if you do, all the power to you).

> You don't have to set up a meeting right away either. Let it marinade for a little while. While you're letting the

wine breathe, take note of which lines and bits of conversation you used that hooked her in the first place. Store them for a rainy day or for the next match that comes your way. You can hone your game strategy with the best lines that work for you. You are your own experiment.

Time to Shine

So how do you ask her out?

Use the words "let's meet up" instead of suggesting you go out on a "date." Keep it informal and not too eager. Suggest that you meet for coffee in a public place during the day so there is no pressure and you look like a trustworthy guy.

When you meet up, hopefully you'll get the kiss. Sadly, I can't hold your hand through that part. It'll be all you.

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CHAPTER 5: The power of tinder plus

If you really want to aim higher and go for gold guys -you may want to upgrade to Tinder Plus. It only costs \$9.99 in the US, which is like 2 craft beers.

Tinder Plus gives you unlimited swipes. You heard me right -you can swipe all night. If you are just a regular Tinder guy, you only get about 100 swipes every 12 hours -but when you pay, you get to play all day.



Out of Town Action

On Tinder Plus you also get the "Passport" feature so you can change your location to anywhere in the world. If you travel a lot this is totally awesome -you'll be living in the moment meeting women in

foreign cities with some simple swiping.

You can potentially set up dates with women before you even leave your home. It's such a perfect way to meet new people in different countries or even in nearby towns to where you live.

Tinder Plus also gives you a "Rewind' option so you can go back and take another look at the last profile you swiped. You don't want to accidentally swipe away the girl of your dreams. This button brings her back.

Super Like Spike

This one is my favorite - "Super Likes" for Supermen! On regular Tinder you only get to "super like" one girl a day. On the plus you get a whooping 5 Super Likes.

If you have super liked someone they will definitely know about it. Your profile arrives at their door with a bright blue footer and star icon fanfare.

Tests conducted by the Tinder showed that you are 3X more likely to match with a person that you have super liked and the conversation you have last 70% longer. Those are good odds, plus there are no ads on Tinder Plus.



CONCLUSION

And that's a wrap! You now have my Tinder Cheat Codes to 10x your matches.

There is no "one size fits all" approach to how you should go about your dating life, but if you're on a cold streak, try to shake up your routine with Tinder.

You've worked hard to build an aesthetic physique it would be a waste not to have some fun with it!

As always, I'm here to help. Hit me up on any of my social media below and stay in touch!

STAY IN TOUCH WITHME!

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