



CRAFTING A

CLASSIC★PHYSIQUE

X

Frame  
Theory

Prepared exclusively for rccrdcimmaruta@gmail.com Transaction: 25583TWS

BUILDING A CLASSIC PHYSIQUE • THE 360° APPROACH TO A DRAMATIC V-TAPER.

# INTRODUCTION

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The premise of bodybuilding is to create the most balanced, symmetrical, and well-muscled body you can achieve. Although it is somewhat of a subjective sport, as you're judged by a panel of judges and now a world-wide audience, there are some basic elements of the human figure that are universally appealing. Think about greek statues and 18th century paintings of the human form. Think about what attracts humans to one another. There is something there that is primal and the only way to get it is by doing primal shit. Lifting weights!

The ideal shoulder to waist ratio is 1:1.61. This is the Golden Ratio that we all strive for. It's something you can find all over your body. For instance typically, the proportion of your hand vs. your forearm is 1:1.61. So, if your waist is 30 inches, your shoulder measurement should be just over 49 inches. For the bodybuilding stage in modern physique competition, this ratio should be dramatically exaggerated in a calculated, balanced way. Although the shoulder-to-waist ratio is important, if you have no thickness or muscle density, you're still not going to have the look you're going for.



# INTRODUCTION

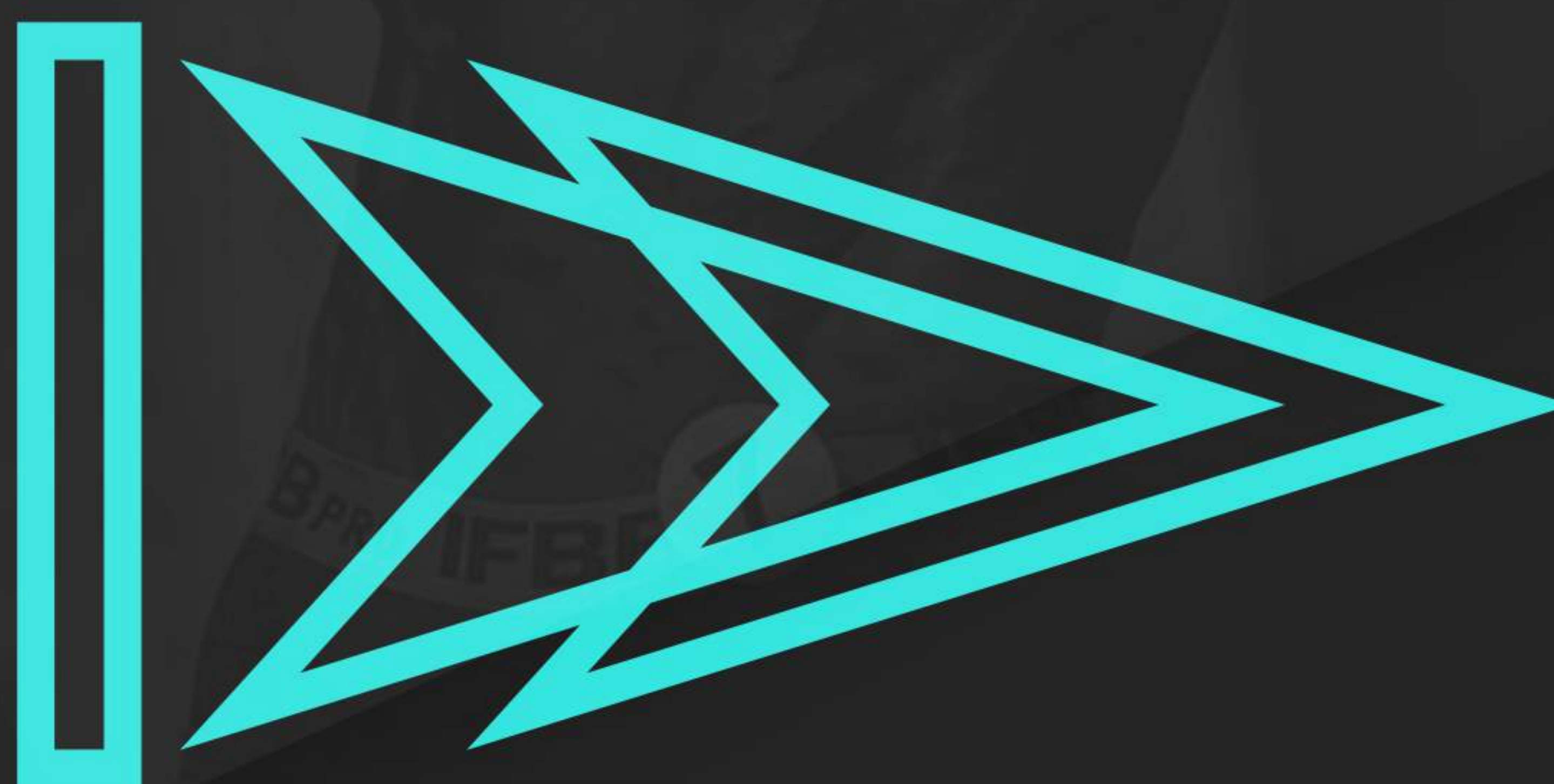
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Now, there are several ways you can improve this ratio and you know what they are. You can build muscle in your upper body or lose fat and/or muscle on your waist. This is a multi-phase process that you may be familiar with, that is comprised of a bulking phase and a cutting phase. In the bulking phase, your goal is to increase muscle mass while minimizing fat gain or excessive musculature around the waist, which usually isn't much of a problem. When you cut, you're simply going to strip off any excess body fat while maintaining as much hard-earned muscle as possible.

Another element of creating a well proportioned body and a strong goes beyond the V-Taper.

To have a full X-Frame, you need legs! Having sweeping quads will give your waist the appearance of being even smaller, and can increase the overall power of your physique.

The X Frame theory is the idea that the best physiques are have 2 key elements that can mean the difference between a winning physique and an ordinary body. Those elements are:



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# INTRODUCTION

## — ORGANIC PROPORTIONS

Our bodies have natural proportions. Say your wrist is 8 inches in circumference. To have the proportions of the “Grecian Ideal,” your forearm should be at least 15 inches, and your upper arm should be around 19 inches, your waist should be 36 inches, and your thighs should be 28 inches. Obviously we are living in modern times and not ancient Greece, so we are going for sort of an exaggerated look, so the more dramatic you can make these ratios the better, within reason. For example, in the 90s Flex Wheeler was said to have over 32” legs with a small as a 27 inch waist. That’s dramatic. However, you shouldn’t get to a point where you have a “standout” muscle group. If the eye is drawn to a specific muscle, you have drifted away from the Grecian Ideal and will need to correct your proportions by either increasing the size of the rest of your body or backing off the muscle that is overpowering your physique.

## — CONVEX SHAPES

Round, capped delts. Washboard abs. Peaked Biceps. All convex shapes. When you’re crafting your physique, it’s important to remember that one of the big things that creates that wow factor is having lots of round shapes popping out from your skin. This has a lot to do with being very lean so that your physique can be properly displayed, but there is more to it than that. It is about leveraging your strengths and downplaying your weaknesses, or better yet correcting them if your genetics will allow it. For instance, if you have weak, flat medial delts, you’re going to need to prioritize them in your training. simple as that. Have flat abs? You’re going to need to do a lot of crunches to grow your ab muscles so that they push out against your skin and create more convex shapes.



# CREATE YOUR ILLUSION

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We've established that creating a dominant V-taper and overall X-frame look is not that complicated. It is a matter of proportions and detail. That is all. But how do you approach your training to achieve those results, especially when not everyone has the genetic predisposition to be perfectly proportioned or have the best hip to shoulder ratio, clavicle width, or quad sweep. I'm going to assume that you have your diet in check for the rest of this ebook, so we'll focus on training. If you need help with your diet, reach out to me and as long as I have coaching spots available, I can help you dial it in.

The first thing, as I always say, is that you have to be honest with yourself. I just did a show where although I placed well, I didn't win. Rather than getting defensive, I stayed positive and objective and identified the things I believe I need to improve to have an objectively improved physique for next time. That's how you become the best - not by getting mad! I have noticed that a lot of clients come to me with a 20%+ body fat level or very underdeveloped physiques saying something like "my goal is to put on 20 pounds of muscle in 8 weeks," or "My goal is to step on stage in 12 weeks." or "get abs in 4 weeks." Although its great that they have goals and they have assigned a timeline for themselves, they have misunderstood the process, time investment, and difficulty of reaching their particular goal from their starting point. I mention this because although I love the positivity, I want people to understand that in order to truly improve, they need to make an effort to avoid disconnecting the action plan and work needed from the ultimate result. This is imaginary thinking and typically doesn't lead to good results. But again, it's awesome to have a vision and I think everyone needs one.



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The bottom line is this: we all have an obstacle to overcome with our physiques, whether they are genetic barriers, just a temporary imbalance or just bumps in the road from getting back on track. In any case, they should be addressed as problems that need to be solved, and we can approach them in a carefully considered way. Let's jump into that.

## — IDENTIFY YOUR STRUCTURE

There are a few structural variables that can lead you away from the Grecian Ideal, and a killer V-tapered X frame, and you cannot change them – but you can work hard enough to make them disappear. I'm going to go over some topics that pertain to correcting structural dispositions that are antithetical to the Grecian Ideal that you may have and need to improve before you look in the mirror and see the body you want. Again, these are very basic concepts, but things that you need to be reminded of. A lot of times we start with the basics and think that we need to move on to something more technical or advanced, and the further we get from the basics, the less progress we make and the more we lose touch with the real, simple purpose of what we're doing. So basically, this is bodybuilding 101 for anyone who is not genetically gifted, myself included.

No matter what your structure may be, there are key muscles that will contribute to the V-Taper Look. Shoulders, Lat width, the lateral head of the triceps. Let's look at various body types and see how we can use our structure to our advantage.



# CREATE YOUR ILLUSION

SADIK HADZOVIC

VOL. IX

X FRAME THEORY



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## BODY TYPE

A lot depends on your body's structure. Whether you're an Ectomorph, Mesomorph, or Endomorph can have a huge impact on the way you should be training, although all of the same principles apply. It may force you to do some things differently, avoid certain exercises or training styles, and emphasize other aspects of your training. I'll give you some anecdotal info so you understand what I'm talking about. I'm an ectomorph, which means I'm naturally thin, lean, and narrow. It's hard for me to put muscle on and stay full, but it does come with some great upsides. I have a naturally small waist and joints, so my muscle pops once I build it up and then strip away any excess body fat. I don't have to work too hard to keep my midsection flat, but I do have to put most of my effort into growing my quad sweep, lats, shoulders, and the lateral head of my triceps so that I appear to have a massive, exaggerated V-taper.

If you are a mesomorph, you might have to do a little of both keeping your waist tight deliberately and growing your upper body, but if you are this body type you are naturally well muscled and it won't be difficult. It's just a matter of balance. If you are an endomorph, you are going to need to work the hardest to keep your waist down. You have a stout frame and you're built for power, but that may come with some aesthetic shortcomings you'll have to overcome. Just stay lean when you can and get big up top to compensate for your waist width.





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## — TRAPS VS. DELTS

This is sort of a simple one, but not talked about much. If you have very well developed traps, you might look jacked in a shirt, but it will also create the illusion that your shoulders are narrow. Now, from a functional standpoint it would be wrong for me to tell you to purposefully neglect your traps, because they are extremely important for proper movements patterns and rigidity in difficult compound movements like deadlifts, barbell rows, and bench press. However, I'm going to suggest that if you have a tendency to have well developed traps that make your delts look narrow, you should reduce the frequency and/or volume of shrugging movements until you have grown your shoulders enough to create balance in your upper body.

## — NARROW CLAVICLES

This is something that, structurally, there is nothing you can do about except put on lots of muscle in your upper body. The antidote for narrow clavicles is working on making your shoulders huge. I suggest you put a big emphasis on the rear and medial delts. Increase your volume to the maximum volume from which you can still grow. If you're only doing shoulders once a week for instance, maybe you want to throw in 4 sets of rear delts on back day and work up to adding a second shoulder day that focuses more on isolation of the medial delts. The thing about adding volume is that you want to slowly introduce additional volume or you won't be able to recover from it. Everyone always asks "how many sets should I do per day/week" and the answer is meaningless without context.



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The answer is “as many sets as you can recover and grow from.” That might sound like a fluff answer, but it’s the right answer. If I told you that 20 sets per week per muscle group is the best volume for me, so you should do it that way too, you may find yourself regressing because your body can’t handle 20 sets per week yet. The reverse is also true. If I can grow off of 8 sets per week and I recommend that to you, but you need more stimulus to elicit growth, I’m giving you an inaccurate answer. So, there is a definite learning curve with some trial and error involved in building muscle. My suggestion for gauging proper training volume is to start low and slowly increase the number of sets of high quality reps you perform over time. If you start to feel too beat up to train the same muscle group in 48-72 hours, you’re doing too much.

## — WIDE WAIST

Sometimes this can be helped and sometimes it cannot. The best advice I can give is to stay fairly lean even in the off season, train abs twice a week, and wear a belt tightly to help you practice mid-section control. Doing vacuums may help you as well. If you are structured with a very wide waist, you’re probably built to be very strong, so there is a silver lining in that, but it may not be anything you can really change.

## — THIN LEGS

So this one is only going to be relevant if you’re in bodybuilding posing trunks, naked, or just like to be fully balanced top to bottom, which I hope you do as a bodybuilding enthusiast! So many people neglect legs because they don’t think anyone will notice. Trust me, everyone notices.

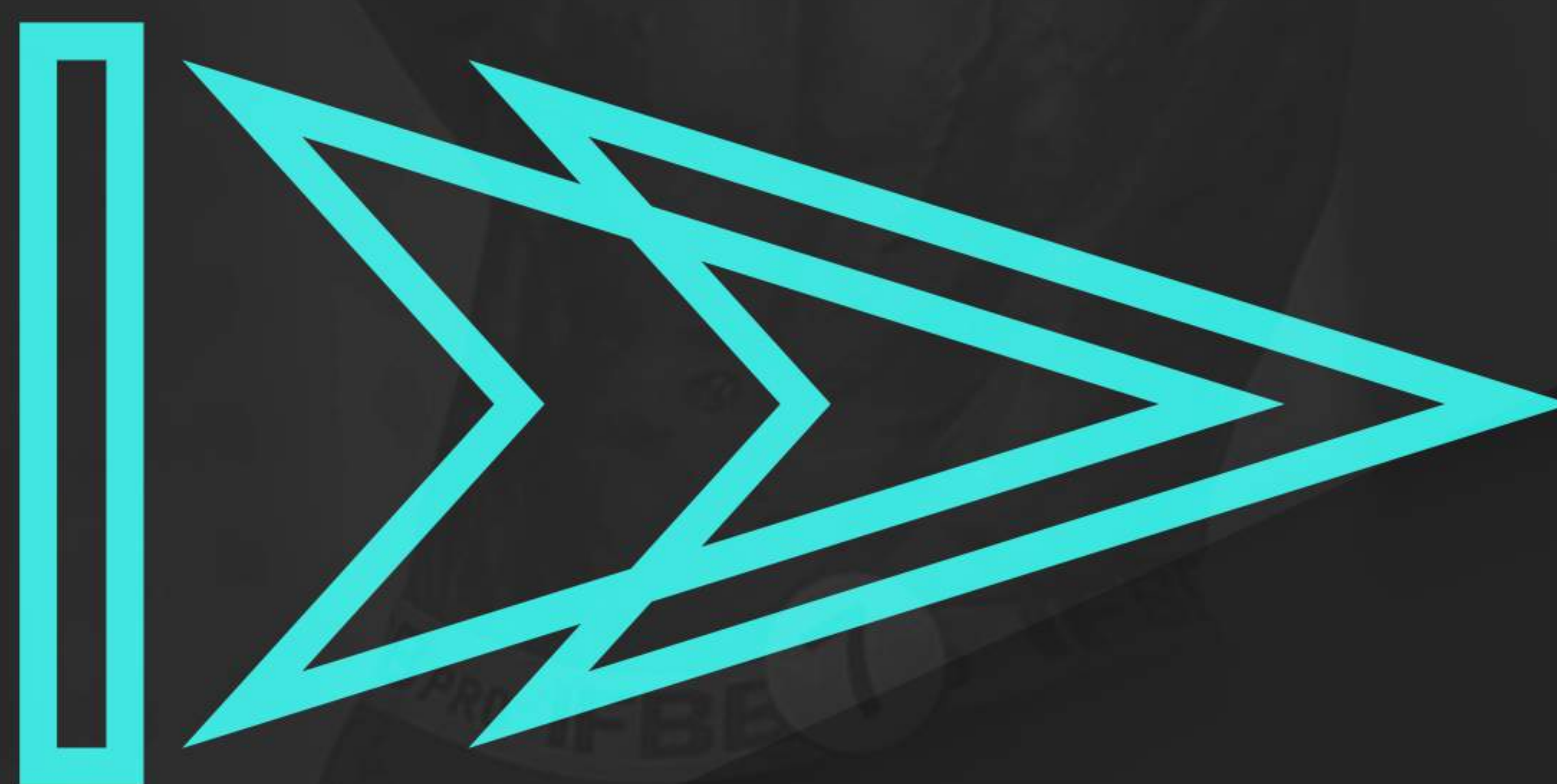


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If you build a nice wide sweep to your legs, it's going to help give the illusion that your waist is even smaller. Again, look at someone like the legend Flex Wheeler, whose quads made his already tiny waist look even smaller in relation to his legs. So, if you're half-assing legs, stop. If you're trying to get good legs, keep trying. Increase close-stance squatting and pressing movements, and quad isolation movements, and as I mentioned previously, slowly increase the volume until you are struggling to recover, and then back down a bit. This level of volume will change as you adapt to the training stimulus, so the amount of volume is transient and in flux. You will eventually need to change your training variables to elicit more growth.



# BUILD AND REVEAL

## — THE PROCESS

This is basic knowledge to anyone who has been in the game for a while, but if you're still a little confused about how you're seeing people who are both very muscular and very lean, I'll give you the answer. It doesn't happen simultaneously. There is a build and reveal process where you bulk up, and then shed excess body fat. You need to decide which phase you're going to start with for the most efficient results. If you're 18%-20% body fat or above, I would suggest starting by losing the excess body fat. You can't tell what you're working with under all that fat, so you really won't know what your training approach should be, if you're going for aesthetics anyway.

If you are already fairly lean, at 12% body fat or under, it wouldn't be a bad thing to start to add some muscle before you get very lean with a cutting phase. However, be careful not to increase your calories too fast and end up with more body fat than you started with. If you're extremely lean already, but you still don't have the proportions you're looking for, you'll obviously bulk. If you're somewhere in between and you don't know where to start, go with a cut. It will make you feel and look great and then you'll be able to see your canvas clearly so you can carefully add muscle where you want.

How long should I bulk or cut be? Until you switch into a new category listed above. For example, if you're very lean and you bulk up to the point that you're in the 12% or even 18%+ category, you probably went too long on your bulk and should switch back to a cut. It usually takes 8-12 weeks before you switching to a new phase. if you keep repeating this, you'll always be in relatively good shape, but you'll always be improving both in size, shape, and conditioning.



# BUILD AND REVEAL

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Now that we've talked about the V-taper and building an X-frame, let's jump into some micro routines you can use to emphasize key areas that give you a strong V-Taper. If you have a program you're currently doing, you can incorporate some of these concepts, or you can add a day just for these width movements. The following routine is comprised of an Upper body width day and a quad sweep day. If I were to use this guide myself, I would use these to replace or add volume to my weekly training volume. For instance, use the Upper Body Width workout to replace one of your upper body days, or if you only have one shoulder day right now, use it as a second training day. These days are meant to shock your muscles with stimulus to grow and they should take you about 90 minutes to complete.

A few things to note before you dive in: A set should be 45-70 seconds long. If you need to use a timer at first to gauge your time, that's a great idea. Do not waste the eccentric portion of the rep. That means lowering the weight slowly, under control, using the target muscle. Unless otherwise specified, use a full range of motion. Partial reps have their place, but to be honest, you should use partial range of motion sparingly. We won't be doing much of that.

Alright guys enjoy these routines and plug them into your training split where you feel they are needed. I'll give you two days for each the lower and upper days so you can alternate between them to keep it fun, fresh, and challenging. The simple addition of this extra volume for these specific areas can have a huge impact on your physique. Good luck! Let me know how you like the results!



# BUILD OUT YOUR FRAME

You train legs twice a week. Here are the workouts. The first day is about heavy weights, gaining strength, and CNS stimulation. Make sure you recover well for the second day. It's super high volume, excruciating lactic acid pain, and a crippling pump. That's the right combination for huge, powerful wheels.

## Upper Body Width

### OPTION 1

Exercise	Reps	Sets	Execution
DB Pullovers	4	10	Slow Stretch
Side Raise	4	10	Hold At The Top
Incline Rear Delt Fly	4	8, 15	Drop Sets
Single Arm DB Press	4	12	
Rope Pushdown	5	15	Pause During Peak Contraction
Tricep Kickback	5	15	Pause During Peak Contraction



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# BUILD OUT YOUR FRAME

## OPTION 2

Exercise	Reps	Sets	Execution
Wide Grip Low Row	4	10	
Single arm Cable Lateral Raise	5	8	
Face Pulls	4	10	Pause During Peak Contraction
Reverse Peck Deck	4	10	Pause During Peak Contraction
Wide Grip Pull up	4	10	
Close Grip Bench Press	4	8	
Dips	4	10	



# BUILD OUT YOUR FRAME

## Waist Tightness

(2-3 X / WEEK)

Exercise	Reps	Sets	Execution
Plank	4	60-90 Sec	keep spine neutral
Decline Crunch	3	20	
Cable Crunch	3	20	
Vacuums	4	30 Sec	In the morning before breakfast



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# BUILD OUT YOUR FRAME

## Quad Sweep

### OPTION 1

Exercise	Reps	Sets	Execution
Close/low Stance Hack Squat	6	15	Slow eccentric
Sissy Squat	4	12	
Leg Extension	5	20	Pause during peak contraction
Quad Stretch	3	60	Kneel on a mat, sitting on your heels to stretch your quad, or any variation you're comfortable with.



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# BUILD OUT YOUR FRAME

## Quad Sweep

### OPTION 2

Exercise	Reps	Sets	Execution
Close/low Stance Hack Squat	5	10	Slow eccentric
Narrow Stance Squats	5	10	
Leg Extension	4	12	Pause during peak contraction
Walking Lunge	3	15	



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