Twitter Thread by ■ Forever Alpha Blog ■



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How To Max Out Your Looks

(A Thread)

Your looks are more critical than most men would like to admit.

The brutal reality of the world is that if you don't look good enough, you just won't get an opportunity in the first place.

Looks come BEFORE everything else.

Here's how to take advantage of this...

CHISELLED FACIAL FEATURES

Trust me when I say this.

But you have NO IDEA whether or not you're good looking, until you've gotten to 10% body fat or lower.

Most men just have too much facial fat covering their masculine features, to have any clue.

Get lean & this changes.

This includes:

- Jawline
- Cheekbones
- Facial symmetry/proportions

All of improves when you get leaner.

Yes I know you want it to be 100% about personality, but the world is far more brutal than this (if you refuse to take advantage, that is).

VASCULARITY

It sounds dumb.

But vascularity is instinctually impressive to both men and women, because it signals physical fitness, health/blood flow, strength, performance etc.

This is regardless of how much muscle you have.

Vascularity > Lack of vascularity.

Tips to improve vascularity:

*Get leaner (most critical)
*Gain more muscle
*Cardio (blood flow, blood flow, blood flow)
*Hydration (water, herbal teas etc.)
*Body temperature (this ones very temporary, but important still)

Next up:

V-TAPER

This is massive.

A v-taper is simply broad shoulders, and a narrow waistline. It symbolises strength, physical security, and fitness.

Some guys have genetically broader shoulders, other guys will have to build wider lats and side delts.

The waistline...

Is ALWAYS solved by fat loss, 110% of the time.

Having a narrow waistline is actually really predictable.

There's nobody on this planet who is 9% body fat, with a large waistline, who isn't on tons of HGH (drugs).

A v-taper is universally attractive in men, and a great goal.

MUSCULARITY

Not the same as a v-taper, yet still very important.

BIG arms > Small arms.

Why?

Once again it's a symbol of strength and physical security, and it's one of the most primal ways to do this.

Our subconscious is always linked back to the 'caveman times' where...

Physical security was the absolute #1 priority, not flashy watches, cars or swiss bank accounts.

Physicality is the most visceral status symbol, IF you have enough of it.

On top of arm size, just about anything else works, it's just that your arms are more visible normally.

"But what if you get too big?!?!?"

You won't.

It's like worrying about getting 'too rich' because you're working 50 hour work weeks at your job....it just isn't something to worry about.

More muscle = Better.

It only becomes a bad thing if you gain fat along with it.

Check out the Bond program if you're over 40 and looking to improve your muscularity, vascularity, leanness etc:

https://t.co/sVpomzQxag

STYLE

This isn't going to do much if you're heavily overweight, or super-skinny.

But if you've already got a good physique?

It's HUGE.

It's an 'amplifier' for a guy who's already got a v-taper, vascularity, chiselled features etc.

You're looking for:

Well-fitted clothes, that 'show-off' everything I've listed above.

The colours also need to go well, and this is just a matter of trial & error, and looking at useful sites like @WellBuiltStyle.

After this, you can start to develop a unique 'look' that's congruent to YOU.

As you can see, getting to 10% body fat plays a major role in several of these.

- Facial aesthetics

- Vascularity
- V-taper
- Style

So if you're looking to max out your looks, check out this meal plan.

There's only 8 DAYS left at this price:

https://t.co/M62qpNhGVK