

UNHIDDEN ACADEMY x TOM CLARK

THE AESTHETIC WORKOUT PROGRAM

LISTEN IN CHAPS, I BUILT THIS PROGRAM FOR YOU, FOR GUYS WHO ARE STUCK BEING SKINNY FAT AND ARE UNSURE WHERE TO START

THIS IS HOW I TRAINED TO BUILD AN AESTHETIC PHYSIQUE

STEP 1: HOW TO USE THE PROGRAM

- TRAIN **5 DAYS** A WEEK
 - **HIGH INTENSITY** TRAINING
 - REST **3-4 MINUTES** PER SET
 - TRACK **PROGRESSIVE OVERLOAD**
 - WALK DAILY (**10K STEPS**)
 - SIGN UP TO THE **BETTER GYM!**
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STEP 2: HOW TO NOT USE THE PROGRAM

- EGO LIFTING
 - DOING BASIC COMPOUND LIFTS (BARBELL BENCH)
 - NOT CONTROLLING AND KEEPING YOUR REPS THE SAME
 - NOT FILMING YOUR LIFTS FOR FEEDBACK!
 - BEING INACTIVE AND SEDENETARY
 - NOT BEING LOCKED IN WITH YORU DIET!
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NOW THAT I HAVE ALL OF THAT CLEARED UP I WANT YOU TO DOWNLOAD AN APP CALLED [**STRONG**](#)

YOU CAN EASILY TRACK YOUR LIFTS AND MAKE SURE YOU ARE PROGRESSING EACH WEEK

STEP 3: THE PROGRAM / SPLIT

DO IT IN THE ORDER AS SHOWN (TOP TO BOTTOM)

DAY 1: PUSH (CHEST, SHOULDERS, TRICEPS)

EXERCISE	REPS	SETS	NOTES
INCLINE PRESS (MACHINE)	8-12	2	<ul style="list-style-type: none">• INCLINE 30-45 DEGREES• KEEP BACK FLAT• FOCUSING IN SQUEEZING THE UPPER PEC• ALTERNATIVE: INCLINE SMITH MACHINE BENCH
CHEST DIPS (WEIGHTED)	0-20	2	<ul style="list-style-type: none">• ADD WEIGHT ONCE YOU CAN DO 10-15 REPS BW• CONTROL THAT DEEP CHEST STRETCH• SQUEEZE HARD AT THE TOP• ALTERNATIVE: ANY LOWER PEC PRESS
SA LATERAL RAISE (MACHINE)	10+	3	<ul style="list-style-type: none">• SINGLE ARM• SUPER SLOW AND CONTROLLED• ACTUALLY FEEL IT IN THE SIDE DELT• ALTERNATIVE: USE CABLE WITH A WRIST CUFF
SEATED BARBELL SHOULDER PRESS	6-12	2	<ul style="list-style-type: none">• KEEP BACK FLAT• SQUEEZE SHOULDERS HARD ON LOCK OUT• ALTERNATIVE: MAHCINE SHOULDER PRESS
JM PRESS (SMITH MACHINE)	6-12	3	<ul style="list-style-type: none">• FLAT BENCH• BARS LOWERS UNDER THE CHIN• SHOULDER WIDTH GRIP• ELBOWS TUCKED THE WHOLE TIME• ALTERNATIVE: CABLE VBAR OVERHEAD TRICEP EXTENSION
SA CABLE CUFFED TRICEP EXTENSION	10+	2	<ul style="list-style-type: none">• SINGLE ARM• USE WRIST CUFF• LEAN BACKWARDS SO YOU ARE EXTENDING YOUR AMR SLIGHTLY BEHIND YOU.• ALTERNATIVE: TRICEP ROPE EXTENSION
CHEST FLY / PEC DEC	8+	2	<ul style="list-style-type: none">• KEEP BACK FLAT! NO ARCHING AT ALL!• SQUEEZE HARD AND STRETCH HARD

DAY 2: PULL (BACK, REAR DELT, BICEPS)

EXERCISE	REPS	SETS	NOTES
PULL UPS (WEIGHTED)	6-10	1	<ul style="list-style-type: none">• FULL RANGE OF MOTION, CHIN OVER BAR• CONTROL THE ECCENTRIC• ADD WEIGHT ONCE YOU CAN DO 12+ REPS• ALTERNATIVE: ASSISTED PULL-UP MACHINE / STANDARD LAT PULLDOWN
SINGLE ARM LAT PULLDOWN (MACHINE)	8-12	2	<ul style="list-style-type: none">• LEAN SLIGHTLY FORWARD• DRIVE ELBOW DOWN INTO HIP• KEEP SHOULDER DEPRESSED• ALTERNATIVE: NONE LOL
REVERSE FLY (MACHINE)	10-15	3	<ul style="list-style-type: none">• SLOW AND CONTROLLED• FOCUS ON REAR DELT CONTRACTION• USE CHEST FLY / PEC DEC MACHINE• ALTERNATIVE: CABLE REVERSE FLY
CHEST SUPPORTED ROW (PLATE LOADED / MACHINE)	8-12	2	<ul style="list-style-type: none">• KEEP CHEST FLAT ON PAD• PULL TO MID-STOMACH• SQUEEZE BACK HARD!• ALTERNATIVE: SEATED CABLE ROW
PREACHER CURL (MACHINE)	8-12	3	<ul style="list-style-type: none">• KEEP ELBOWS LOCKED IN• DONT USE MOMENTUM• SQUEEZE BICEPS HARD EVERY REP• ALTERNATIVE: SA CABLE PREACHER CURL (USING BENCH)
BACK EXTENSION (MACHINE)	12-15	2	<ul style="list-style-type: none">• Keep neutral spine• Squeeze LOWER BACK at top• Focus on control, not speed• ALTERNATIVE: BACK EXTENSION (USING SEATED ROW AND A BAR)
SINGLE ARM CABLE CURL	12-15	2	<ul style="list-style-type: none">• STEP SLIGHTLY FORWARD TO STRETCH BICEPS• KEEP ELBOWS BEHIND TORSO• CONSTANT TENSION THROUGHOUT• ALTERNATIVE: NON

DAY 3: LEGS & ABS

EXERCISE	REPS	SETS	NOTES
SINGLE LEG EXTENSION	8-12	3	<ul style="list-style-type: none">• CONTROLLED TEMPO• FOCUS ON FULL LOCKOUT & QUAD SQUEEZE• DON'T RUSH REPS• ALTERNATIVE: NON
SEATED LEG CURL (MACHINE)	8-12	3	<ul style="list-style-type: none">• KEEP HIPS GLUED TO PAD• PAUSE AT CONTRACTION FOR 1 SEC• SLOW ON THE NEGATIVE• ALTERNATIVE: LYING LEG CURL
HACK SQUAT (MACHINE)	6-10	2	<ul style="list-style-type: none">• GO DEEP! FULL RANGE OF MOTION• CONTROL THE ECCENTRIC PHASE• KEEP LOWER BACK FLAT, DON'T BOUNCE• ALTERNATIVE: SMITH MACHINE SQUAT
HIP ADDUCTOR (MACHINE)	12-20	2	<ul style="list-style-type: none">• KEEP UPPER BODY SLIGHTLY LEANED BACK• FOCUS ON STRETCH• SLOW REPS• ALTERNATIVE: CABLE WITH CUFF HIP ADDUCTOR
STANDING CALF RAISE (MACHINE)	15+	3	<ul style="list-style-type: none">• NEUTRAL SPINE• SQUEEZE AND STRETCH HARD• ALTERNATIVE: CALF RAISE (SMITH MACHINE)
CRUNCH (MACHINE)	12-20	3-5	<ul style="list-style-type: none">• SLOW AND CONTROLLED• EXHALE DURING CONTRACTION• PAUSE ON STERTCH AND CONTRACTION• ALTERNATIVE: CABLE CRUNCH (WITH ROPE

DAY 4: REST

DO MORE STEPS, STRETCH, GET ACTIVE!

THEN REPEAT

ONLY 1X LEG DAY A WEEK (HOWEVER HIT ABS 2X A WEEK)

5 TRAINING DAYS

2 REST DAYS

IMPORTANT NOTES

PROGRESSIVE OVERLOAD 101:

- YOU NEED TO BE TRAINING HARD AND INTENSE TO SEE REAL RESULTS
- USE THE STRONG APP TO TRACK YOUR LIFTS
- GO INTO EVERY SESSION TRYING TO GET AN EXTRA REP
- IF PROGRESS STALLS FOR OVER 2 WEEKS, ADD ANOTHER SET TO THE LACKING MUSCLE / MOVEMENTS

every session, every good day, every walk, every good diet. It all compounds brother, you just have to stick with it.....

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I really hope this helps brother... Love you boys - T.C.