

# THE AESTHETIC BLUEPRINT

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"I went from 140kg to an aesthetic frame. I didn't do it by lifting heavy weights randomly. I did it by focusing on proportions. This is the exact plan I use to keep the V-taper look."

## The "V-TAPER" Routine (4-Day Split)

Focus on the **negative** (lowering the weight slowly). That is where the muscle grows.

### Day 1: Upper Body (Width Focus)

Exercise	Sets	Reps	Why?
Incline Dumbbell Press	4	8-12	Fills the upper chest gap.
Wide Grip Pull-Ups	3	To Failure	Widens the Lats.
Lateral Raises	5	15-20	Capped shoulders. <b>Priority!</b>
Dumbbell Rows	3	10-12	Back thickness.

### Day 2: Lower Body & Core

Exercise	Sets	Reps	Why?
Bulgarian Split Squats	3	10 each leg	Saves the back, grows the quads.
Leg Extensions	4	12-15	Definition in the legs.
Hanging Leg Raises	4	15	Tightens the lower abs.
Calf Raises	5	20	Don't skip these.

**The "Human" Rule:** I built this body on *Ghar ka Khana*. If you can't get Whey protein yet, eat 100g of Soya chunks or 200g of Paneer. Consistency beats supplements every time.

## Final Tips for Aesthetics

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- **Don't Ego Lift:** If you can't feel the muscle working, the weight is too heavy.
- **Stay Lean:** Aesthetics are hidden under fat. Keep your walks consistent.
- **Blink:** (Personal tip) If you're staring at your progress in the mirror or screen too hard, remember to blink. Keep those eyes fresh.