

# Ultimate Aesthetic Symmetry Masterplan + Wolff's Law Protocol (Final Arm Upgrade)

## Your Data (Start)

Weight: 77 kg

Height: 180 cm

Body fat: ~20%

Goal: 12% BF and aesthetic symmetric build with enhanced arms

## Weekly Routine (4x gym + Wolff's Law)

Monday - Water polo + Gym Day A

Tuesday - Kickbox + Gym Day B

Wednesday - Water polo + LISS cardio (45 min fast walk) + Wolff's Law protocol

Thursday - Kickbox + Gym Day C

Friday - Water polo + Gym Day D

Saturday - HIIT + Wolff's Law protocol + walking

Sunday - Rest or light walking/stretching + Wolff's Law protocol

## Gym Plan (Aesthetic focus + complete muscle symmetry + arm upgrades)

Day A (Upper - Chest/Shoulders focus):

1. Incline bench press - 4x8-10 (15-20 kg)
2. Dumbbell shoulder press - 4x8-10 (2x8 kg)
3. Lateral raises - 4x12-15 (4-5 kg)
4. Cable flyes - 3x12-15 (10-15 kg)
5. Decline push-ups - 3x10-12
6. Triceps pushdown - 3x10-12 (15-20 kg)
7. Skull crushers - 3x10-12 (10-15 kg barbell or EZ bar)
8. Weighted neck flexion (plate on forehead) - 3x15 (2-5 kg)

Day B (Lower - Legs & Bone Loading + Glutes & Adductors):

1. Squat - 4x8-10 (25-30 kg) [replace with sumo squat every 2 weeks]
2. Romanian deadlift - 4x10-12 (20-25 kg)

# mate Aesthetic Symmetry Masterplan + Wolff's Law Protocol (Final Arm Upgrade)

3. Walking lunges - 3x12 (2x8-10 kg)
4. Side lying leg raises - 3x15 each side
5. Cable hip adductions or sumo squats - 3x12-15
6. Calf raises - 4x15-20
7. Tibialis raises - 3x15
8. Hanging leg raises - 3x max

Day C (Upper - Back/Biceps focus):

1. Pull-ups (assisted or negative) - 4x8-10
2. Lat pulldown - 4x10-12 (20-25 kg)
3. Barbell row - 4x8-10 (20-25 kg)
4. Face pull - 4x12-15 (15-20 kg cables)
5. Straight arm pulldowns - 3x12-15
6. Preacher curls - 3x10-12 (6-8 kg each side or EZ bar)
7. Neck side flexion (plate on side) - 3x15 (2-5 kg)
8. Dead hang - 3x max

Day D (Full body aesthetic finisher + forearms + mechanical loading):

1. Deadlift - 4x6-8 (30-40 kg)
2. Incline dumbbell press - 4x8-10 (2x10 kg)
3. Seated cable row - 4x10-12 (20-25 kg)
4. Lateral raises - 3x12-15 (4-5 kg)
5. Bicep curls - 3x10-12 (6-8 kg)
6. Bayesian curls - 3x12-15 (cable low pulley, light weight, stretch focus)
7. Wrist curls - 3x15
8. Reverse wrist curls - 3x15
9. Hanging knee raises - 3x max
10. Weighted chewing (gum hard chew) - 5-10 min

## HIIT Plan

# mate Aesthetic Symmetry Masterplan + Wolff's Law Protocol (Final Arm Upgrade)

Warm-up - 5 min (jumping jacks, arm circles, air squats)

Sprint 20s max + walk 40s x 10 rounds

Alternative: Jump squats 30s max + rest 30s x 10 rounds

Cool down - 5 min light walking and stretching

## Wolff's Law Facial Bone Protocol

1. Mewing (tongue fully on palate, lips closed, teeth lightly touching) - all day
2. Hard chewing gum - 20-30 min daily
3. Tongue chewing - 5-10 min daily
4. Chin tucks - 3x20
5. Neck resistance (flexion, extension, side flexion) - 3x15 each
6. Vitamin D3 (2000 IU), K2 (100 mcg), Calcium (1000 mg), Magnesium (300-400 mg)
7. NO mouth breathing - always nose breathing
8. Hard foods daily (apples, carrots, almonds)

## Supplementation

Creatine monohydrate:

- 5g every day (best post workout with protein shake + banana)
- Drink plenty of water (2.5-3L daily)

Protein (whey or vegan):

- 1 scoop (~30g) when needed to reach daily intake
- Usually post workout

Multivitamin + omega-3 (if not eating fish 2-3x weekly)

## Testosterone Boost Tips

Compound lifts (squat, deadlift, bench, pull-ups)

7-9h sleep

# Ultimate Aesthetic Symmetry Masterplan + Wolff's Law Protocol (Final Arm Upgrade)

Sun/Vitamin D

Healthy fats (olive oil, nuts, avocado)

Not too large deficit (max -25%)

Recovery and no overtraining

## Conclusion

Keep calories at ~2300-2400 kcal/day

Protein 150-170g/day

Train smart - form and proportions first

Mew and chew disciplined for Wolff's Law benefits

Sleep and eat disciplined - 12% BF + aesthetic symmetry + stronger facial bones = realistic.

## Motivation

Proper diet + smart training + discipline = aesthetic build.

Track weight every morning, watch weekly average.

Start today and never quit.