



Jeff Seid's Guide to Aesthetic Fitness

Welcome to Jeff Seid's Fitness Journey – where art and discipline converge. Discover a unique approach to fitness that goes beyond muscle-building. Join us in the pursuit of a visually stunning physique, characterized by symmetry, proportion, and definition.

Dive into this journey of transformation with us.

TOTAL SHAPE

Detailed Workout Regimen: Sculpting the Aesthetic Body

Jeff's workout routine is meticulously designed by experts in Total shape to enhance each muscle group for an aesthetic look.

Monday: Chest & Abs

- Bench Press: 4 sets of 8-12 reps
- Incline Dumbbell Press: 4 sets of 8-12 reps
- Cable Flyes: 3 sets of 12-15 reps
- Decline Bench Press: 3 sets of 8-12 reps
- Crunches: 3 sets of 15 reps
- Leg Raises: 3 sets of 15 reps

Tuesday: Legs

- Squats: 4 sets of 8-12 reps
- Leg Press: 4 sets of 10-15 reps
- Lunges: 3 sets of 12 reps per leg
- Leg Curls: 3 sets of 12-15 reps
- Calf Raises: 5 sets of 15-20 reps

Wednesday: Back & Abs

- Deadlifts: 4 sets of 8-10 reps
- Lat Pulldowns: 4 sets of 10-12 reps
- Bent Over Rows: 4 sets of 8-12 reps
- Seated Cable Rows: 3 sets of 10-12 reps
- Plank: 3 sets of 1-minute hold

Thursday: Shoulders

- Military Press: 4 sets of 8-12 reps
- Lateral Raises: 4 sets of 10-15 reps
- Front Raises: 3 sets of 10-12 reps
- Shrugs: 4 sets of 12-15 reps

Friday: Arms

- Bicep Curls: 4 sets of 10-12 reps
- Tricep Dips: 4 sets of 10-12 reps

- Hammer Curls: 3 sets of 10-12 reps
- Skull Crushers: 3 sets of 10-12 reps

Saturday: Active Rest or Optional Workout

Engage in light activities like jogging, swimming, or yoga to promote recovery and flexibility.

Sunday: Rest

Allow your body to fully recover and rejuvenate.

Diet and Nutrition: Precision for Aesthetics

Jeff's diet is meticulously planned. He focuses on lean proteins, complex carbohydrates, and healthy fats, adjusting his intake based on his training demands.

Detailed Daily Meal Plan

- Breakfast: Oatmeal with whey protein and berries
- Mid-Morning Snack: Greek yogurt with nuts
- Lunch: Grilled chicken breast, quinoa, and steamed vegetables
- Afternoon Snack: Protein shake and a banana
- Dinner: Salmon, sweet potato, and green salad
- Evening Snack: Cottage cheese with almond butter

Supplementation for Enhanced Performance

Jeff's supplement regime is designed to support muscle growth, recovery, and overall health.

Essential Supplements

- Pre-Workout: For increased energy and focus during workouts
- Creatine: To improve strength and muscle mass
- Multivitamins: To ensure all micronutrient needs are met

Jeff's Key Principles for Aesthetic Success

Jeff stresses the importance of consistency, intensity, and smart recovery. He advocates listening to your body and adjusting your routine as needed.

Conclusion: Your Path to Aesthetic Greatness

Following Jeff Seid's principles is a journey that demands dedication, discipline, and unwavering commitment, as we in [Total Shape](#) can confirm. It's not merely about lifting weights; it's about sculpting your body into a work of art. By staying focused on your goals, practicing patience through the ups and downs, and consistently applying the principles of proper training, nutrition, and recovery, you can turn your aspiration of achieving an aesthetic physique into a remarkable reality. Remember, every rep, every meal, and every rest day is a step closer to achieving your masterpiece – embrace the process, and success will be yours to claim.