Glow Up Guide

here's a free glow up guide you can follow to actually improve how you look and improve your self-confidence

Glowing up is something we all want, we want to be better from the person we were in the past. We want to improve the way we look and actually maxx out the potential we have.

This glow up will not only affect you physically but it will also affect your self-confidence, the way you see yourself and the way people see you.

Disclaimer: There are things in you that you can change,which is the genetics that you have because we are all born different. This traits are your height, bone structure and other inborn things that you can not change. We will go through here the things that you can change.

Lowering your body fat
This is the most important when it comes to glow ups, most of the glow ups you see are just people who have high body fat percentage before, they lost their body fat and now their face looks lean, their body looks lean and they look a lot better.

This is because this excess body fat will first go into your face and it will cover the true structure of your face, when you have low body fat, your cheekbone will be prominent, your jawline will be more chisseled and your skin will be tight



Your face structure will reveal itself if you are at 10-13% body fat range.

Disclaimer: Lowering your bodyfat percentage too much is bad for you. It will make you lethargic and tired because you don't have energy to use. Stay at the healthy range of 10-13%.

Ways to lower your body fat:

1. Calorie Deficit, lowering your calorie intake and moving more.

2. Cardio. cardio will help you burn fat and improve blood circulation on your body so pair calorie deficit with cardio and you're good

Hair Care Routine
Hair is the makeup of men, and if you have dry frizzy hair that not suits you, automatically you become unattractive.

Here's a basic hair care routine you can follow

First is to determine your hair type.

If it's straight hair, wavy, curly or kinky



now if you fall into straight hair category, your hair is most likely oily most of the time and it lacks volume. This type of hair should be shampooed once every 3 days. Yes if your hair is often oily, you need to shampoo for once every 3 days, why not everyday? if you shampoo everyday you take away all the natural oils of your hair that gives life to your hair and that causes your hair to dry up and become frizzy.
And also always use a conditioner after you shampoo

if you fall to wavy, curly to kinky hair, your only need to shampoo your hair once a week. Just like what I said, this essential natural oils in your hair is important and shampoo strips off this oils.
After you shampoo use a conditioner to moisturize your hair.

Tips:
1. Do not crumble your hair with towel when wet, you will cause breakage and more frizz
2. If your hair is on the wavy to curly side, do not use combs that have fine bristles, use medium to wide tooth combs to avoid damage
3. Drink plenty of water and eat healthy natural foods

Skincare Routine
This is where everyone gets confused because of all of the informations in the internet. Basically skincare is just finding your own skin type and choosing the products that will work for you.

There are 5 skin types

1. Normal Skin- if you fall in this category maybe you rarely have a pimple, your face is not oily nor dry and even if you don't use any products, your skin still looks fine.
2. Oily Skin- now if you are on the oily skin category, your face is prone to oiliness, you may be prone to acne also because this oils may clog pores.
3. Dry Skin- now if you have dry skin, your skin is flaky and itchy all the time, your skin lacks moisture
4. Combination Skin- with combination skin type your face is both oily and dry, your face is oily at the T zone which is the forehead, and nose area, and your cheeks are dry
5. Sensitive Skin- if you have sensitive skin you most likely experience redness and allergic reactions from the products you are using. You can't use any products because your skin reacts immediately

Determine your skin type by washing your face and waiting for it to dry up, if your face didn't change, you may have a normal skin
If your face becomes oily then you may have an oily skin
If your face becomes dry then you may have a dry skin
If your face becomes oily at the Tzone and dry at your cheeks then you may have a combination skin
Lastly if you just feel some redness, burning or itching feeling on your skin, you may have a sensitive skin

Skincare based on skintypes

1. Normal skin, any product will do but focus on products that will hydrate your face, just use the basic cleanser, moisturizer and sunscreen
2. Oily skin, with the cleanser you will use, use a foaming cleanser, for moisturizer, you can use lightweight moisturizers that is waterbased and non greasy, lastly for sunscreen, use sunscreens that are mattifying. Serums that has niacinamide and salycilic acid will also help control oil
3. Dry Skin, with the cleanser you will use, use a hydrating gentle cleanser, for moisturizer you can use any, for your sunscreen also you can use any sunscreen, for your serum you can add hyaluronic acid and ceramides for more hydration
4. Combination Skin type, use a foaming cleanser to cleanse your face. Use a lightweight moisturizer and when applying, emphasize the dry areas like your cheeks, Use a mattifying sunscreen. With serums you can use niacinamide serums or salycilid acid serums, also hyaluronic acid serums
5. Sensitive skin type, try products that are the most gentle, use baby soaps and products that don't cause allergic reactions and doesn't trigger your face. I highly suggest you to go to a dermatologist to get checked up and prescribed by products you can use

Fashion

Fashion is subjective and you will only be truly confident if you are comfortable at what you wear. But you can still follow this principles in order to improve your fashion and glow up.

Find inspirations
There are too many styles out there to try on and it all comes down to your preference. The best way to find inspirations is to go to pinterest

Search for ‘men’s outfits’ and create a board of outfits that you like so you can reference and copy that





Find inspirations and create a wardrobe that is based on this fits. This will be a trial and error but once you get the style that works for you, it is definitely worth it

Rule of 3rds
This is a way to make any of your outfits suit you. Basically this rule will emphasize your proportions and make you look more taller.

Basically your shirt should be ⅓ of your proportions and your pants should be ⅔ of your outfits, To make your legs more longer and make the outfit better.

Working out and building muscle
You should workout and build actual muscles because this will make you more masculine and have a good frame that is attractive for most women, which is that Vtaper Physique.

It will also shape your face, most of the people that started working out have changed and improved their facial structure.

Workout Splits

6 day split

Day 1 Chest Shoulder Triceps
Incline Press 3 sets 8-12 reps
Bench Press 3 sets 8-12 reps
Shoulder Press 3 sets 8-12 reps
Chest Fly 3 sets of 8-12 reps
Lateral Raises 3 sets of 8-12 reps
Triceps Pushdown 2 sets to failure
Triceps Extension 2 sets to failure

Day 2 Back Rear Delts Biceps
Bent Over Row 3 sets 8-12 reps
Lat Pulldown 3 sets 8-12 reps
Lat Pullover 3 sets 8-12 reps
Rear Delt Flies 3 sets 9-12 reps
Preacher Curl or any bicep curl 2 sets to failure
Hammer Curl 2 sets to failure

Day 3 Legs and abs
Barbell squats 3 sets 8-12 reps
Leg press 3 sets 8-12 reps
Romanian Dead Lifts 3 sets 8-12 reps
Leg Extensions 3 sets 8-12 reps
Calf Raises 3 sets 8-12 reps
Cable Crunch 2 sets to failure
Leg Raises 2 sets to failure

Day 4 Chest Shoulders and Triceps
Incline Press 3 sets 8-12 reps
Bench Press 3 sets 8-12 reps
Shoulder Press 3 sets 8-12 reps
Chest Fly 3 sets of 8-12 reps
Lateral Raises 3 sets of 8-12 reps
Triceps Pushdown 2 sets to failure
Triceps Extension 2 sets to failure

Day 5 Back Rear Delts and Biceps
Bent Over Row 3 sets 8-12 reps
Lat Pulldown 3 sets 8-12 reps
Lat Pullover 3 sets 8-12 reps
Rear Delt Flies 3 sets 9-12 reps
Preacher Curl or any bicep curl 2 sets to failure
Hammer Curl 2 sets to failure

Day 6 Legs and Abs
Barbell squats 3 sets 8-12 reps
Leg press 3 sets 8-12 reps
Romanian Dead Lifts 3 sets 8-12 reps
Leg Extensions 3 sets 8-12 reps
Calf Raises 3 sets 8-12 reps
Cable Crunch 2 sets to failure
Leg Raises 2 sets to failure

4 day split
Day 1 Chest Shoulder Triceps
Incline Press 3 sets 8-12 reps
Chest Fly 3 sets 8-12 reps
Shoulder Press 3 sets 8-12 reps
Lateral Raises 3 sets 8-12 reps
Tricep Pushdown 2 sets to failure
Tricep Extension 2 sets to failure

Day 2 Back and Legs
Barbell Squat 3 sets 8-12 reps
Bent Over Row 3 sets 8-12 reps
Romanian Deadlfts 3 sets 8-12 reps
Lat Pulldown 3 sets 8-12 reps
Leg Extension 3 sets 8-12 reps
Lat Pullover 3 sets 8-12 reps
Calf Raises 3 sets 8-12 reps
Bicep Curl 2 sets to failure

Day 3 Rest

Day 4 Chest Shoulder and Triceps
Chest Shoulder Triceps
Incline Press 3 sets 8-12 reps
Bench Press 3 sets 8-12 reps
Shoulder Press 3 sets 8-12 reps
Lateral Raise 3 sets 8-12 reps
Tricep Pushdown 2 sets to Failure
Triceps Extension 2 sets to failure

Day 5 Back and Legs
Barbell Squat 3 sets 8-12 reps
Bent Over Row 3 sets 8-12 reps
Romanian Deadlfts 3 sets 8-12 reps
Lat Pulldown 3 sets 8-12 reps

Leg Extension 3 sets 8-12 reps
Lat Pullover 3 sets 8-12 reps
Calf Raises 3 sets 8-12 reps
Bicep Curl 2 sets to failure

Conclusion
That's literally all you need to glow up and improve the way you look and increase your self-confidence.

Dial down all of this things and I guarantee you that you will have the glow up you are looking for.

Now if you want a more in depth guide of the looksmaxxing way of things, the exact way on how I changed the way I look and improve my self-confidence.

With the added bonus on how you can incorporate it with self-improvement and being a better man in general. The way to be a high value man, I made a whole guide for this

You can click the link here: https://tyamyamin.systeme.io/c56549fe

Best regards brother