

TRIM THE RATIO

21 -Day Aesthetics Challenge

By Jeff McDaniel



Male Chest-to-Waist Ratio Challenge (3 Weeks)

Goal: Increase chest size while reducing waist circumference to move toward the ideal 1.5 ratio.



Challenge Name: “V-Taper Victory: Build the Ideal Male Physique”



Weekly Focus:

- **Week 1:** Foundation Strength – Chest and Core
- **Week 2:** Volume and Definition – Push Strength + HIIT
- **Week 3:** Progressive Overload – Bench, Pulls, Planks



Daily Tasks:

- 3 Full-Body Workouts/Wk (ex. Upper, Lower, Core)
- 20-Minute Strength Walks 5x/Wk (bodyweight or weighted)
- One BONUS Chest Workout (push-ups, bench press, chest flies)
- A 60-Minute “Hike” On Saturdays
- Follow The **Train For Life** Mediterranean Meal Plan



Track Progress:

- Measure chest and waist weekly
- Take weekly progress photos
- Aim to improve the chest:waist ratio by increasing chest or reducing waist

👩 Female Waist-to-Hip Ratio Challenge (3 Weeks)

Goal: Reduce waist size and strengthen glutes and hips to approach the ideal 0.7 ratio.

◆ Challenge Name: “Cut & Core: Sculpt Your Ideal Silhouette”

📅 17 Weekly Focus:

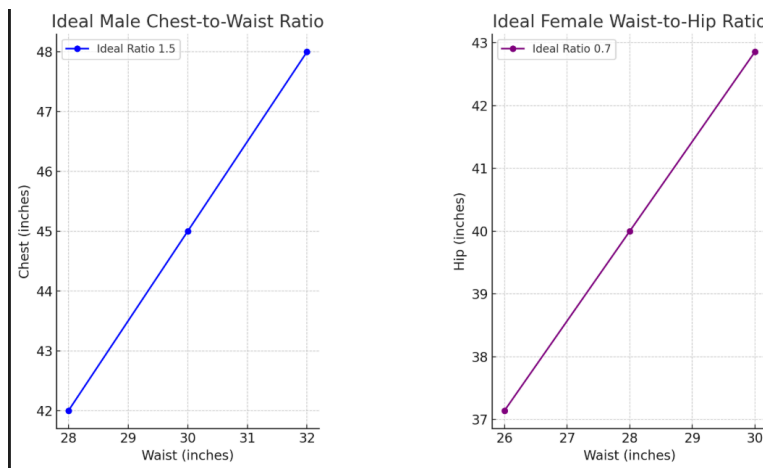
- **Week 1:** Glute Activation + Core Control
- **Week 2:** Strength & Stability – Bands + Weights
- **Week 3:** Build + Burn – Glute Growth + Waist Trim

✅ Daily Tasks:

- 3 Full-Body Workouts/Wk (ex. Upper, Lower, Core)
- 20-Minute Strength Walks 5x/Wk (bodyweight or weighted)
- One BONUS Glute/Hip Workout (bridges, deadlifts, swings)
- A 60-Minute “Hike” On Saturdays
- Follow the **Train For Life** Mediterranean Meal Plan

📏 Track Progress:

- Measure waist and hips weekly
- Log waist-to-hip ratio
- Weekly selfies or mirror check-ins



Jeff McDaniel, Trim The Ratio Challenge, <https://train4life.vhx.tv/>