

REFINED PHYSIQUES
Athlete
WHERE PRECISION MEETS PASSION

A photograph of a muscular man in a gym. He is shirtless, wearing dark blue shorts, and has a beard. He is looking to the left. A man in a black t-shirt with 'Refined Physiques' on it is standing behind him, touching his waist. The background is a gym with bright lights.

EXERCISE FORM BLUEPRINT

BY KAREL SALAJKA

I CREATED THIS RESOURCE FOR **ANYBODY** OUT THERE THAT MIGHT BE **STRUGGLING** WITH **CONNECTING** WITH CERTAIN BODY PARTS. I GATHERED OVER A DECADE OF EXPERIENCE IN TRAINING IN THE GYM AND CONDENSED INTO THIS **RESOURCE YOU CAN NOW USE.**

I HAVE BEEN MASTERING **MIND TO MUSCLE CONNECTION** SINCE MY EARLY DAYS WHICH RESULTED IN SERIOUS UNDERSTANDING OF TRAINING. AFTER WATCHING THESE VIDEOS, YOU SHOULD NO LONGER STRUGGLE.

EVER AGAIN.

**WATCH
THIS
FIRST**



BY KAREL SALAJKA

**IF YOU'RE STILL DOING FLAT BENCHPRESS
TO BUILD YOUR PECS...WATCH THIS. THIS
EXERCISE WILL CHANGE YOUR LIFE.**

CHEST

**CLICK TO
WATCH**



THIS EXERCISE WILL ENSURE YOU WILL FEEL YOUR DELTS LIKE NEVER BEFORE. BURNING SENSATION ALL OVER AND PUMP YOU WOULDN'T HAVE EVER IMAGINED.

DELTS



EVER STRUGGLED WITH CONNECTION WITH YOUR LATS? DON'T WORRY. THIS VIDEO IS HERE TO SAVE YOU MONTHS OF STRUGGLE. REDBULL WON'T GIVE YOU WINGS... I WILL.

LATS



WATCH NOW

MAXIMISING GAINS THROUGH EXERCISES

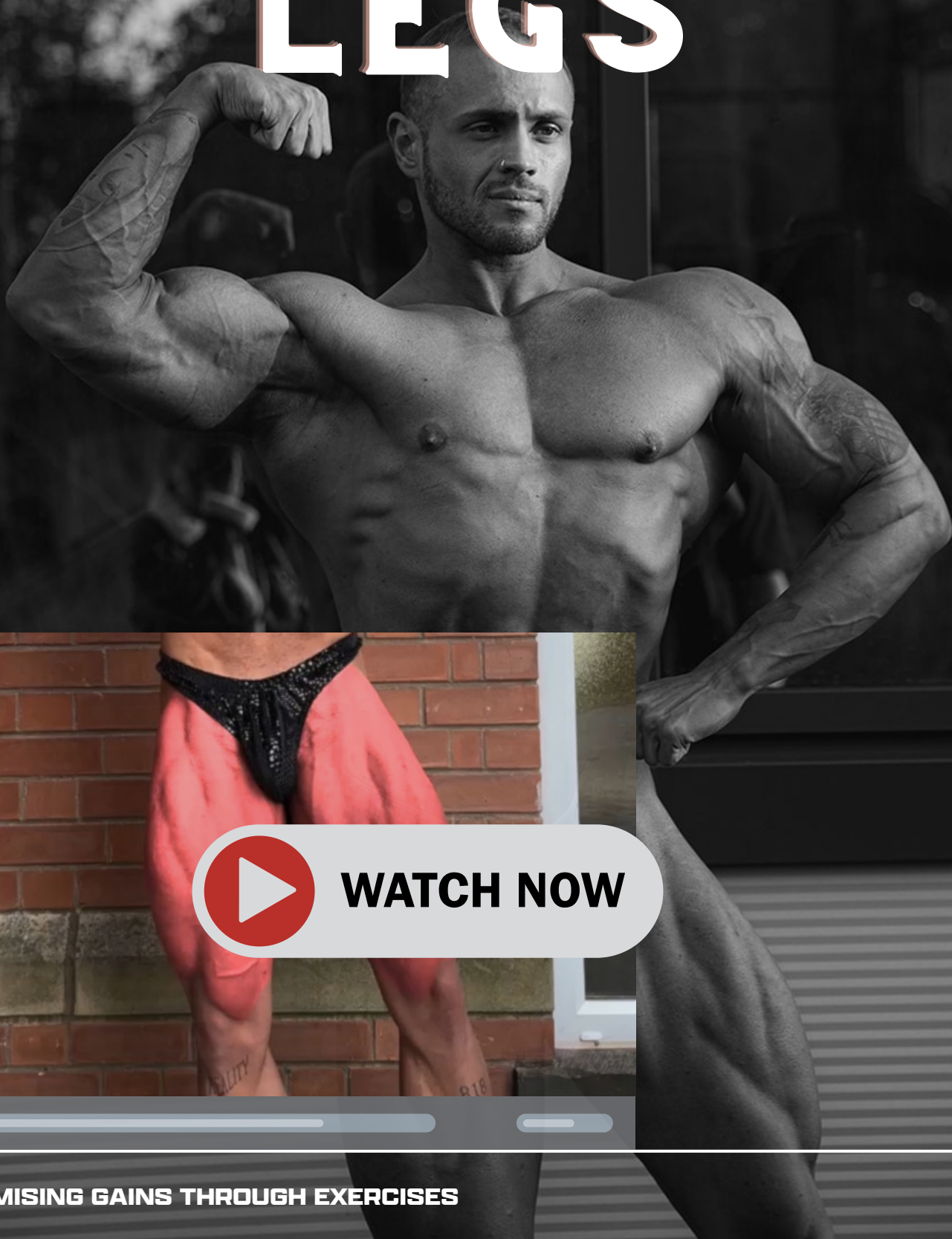
TRAINING ABS CAN BE DONE PRETTY DAMN EFFECTIVE. WATCH TO SEE ALL YOU HAVE TO DO FOR YOUR CORE.

ABS



I BELIEVE, SMITH SQUAT IS A PERFECT EXERCISE TO TARGET QUADS... WATCH TO MAKE SURE YOU ARE DOING THIS CORRECTLY.

LEGS



WATCH NOW

YOUR NEXT STEPS - WATCH THE VIDEO

[WHAT YOU MIGHT WANT TO FOCUS TO ON]



**IF YOU HAVE ANY QUESTIONS
CLICK THE ICON TO SEND ME A
DIRECT MESSAGE**

