

3 Hacks To Achieving A Muscular Look

Ever looked at the mirror and felt like you need to hit the gym?

Do you subconsciously always try to hunch your shoulders to make them appear a bit broader?

Planning on starting that diet because your friends say they can see your tummy way before your chest?

Well, if your answer to any of these questions is remotely yes, then this article is made for you.

Of course, nobody's perfect and flaws must always exist. Truth is, while some flaws can be adjusted with the right diet and exercise, these are not short term solutions.

If you have a weekend date planned, we doubt 40 sets of push ups or planks will be enough exercise to glide your way through.

Now, everyone loves to look good, whether they admit it or not. And if you want to be a ladies man, what better way than to get in shape would do the trick?

So, if you are in need of short term solutions, we came up with 5 fashion hacks to help you make your way through.

Now let's get started, shall we.

#1

Fit is Lit.

Now that's more than just a rhyme. Wearing what's the right fit is not just lit but King! And by fit, we don't mean body huggy. You actually have to go for something that accentuates your physique. If you're skinny, going for extremely skinny attires or extremely baggy ones are a big NO. Instead try out styles that are in between. A balanced fit is often best. This way, your attire makes up for whatever body mass you may lack while not appearing excessively bulky.

#2

Pay attention to Upper Torso Attires.

Like the hourglass figure enhancing attires for women, tops, shirts, tees and jackets/suits are very important aspects of the male attire. You may not have the legendary six pack figure, but you certainly can make up that bulk. Now while you try to make up, this is different from overly padded shirts or jackets. You do want to avoid the pitfall of appearing over stuffed.

Now here's what to do, tailor your shirts or jackets to slim down on your lower torso but build up at the chest and shoulders.

Pocket shirts and collar neck tops also make your chest and shoulders buffier. The goal is to add some weight to those regions and this would mean avoiding outfits that seem plastered on your skin, weightless materials and extremely loose shirts.

#3

Use of Complementing Accessories

Accessories! Yes you read that right. The right accessories can always do the trick anytime anyway. But here's the bad side. Loud and oversized accessories only bring the wrong kind of spotlight.

So the hack is in determining what compliments you and not detracts you.

Good thing, there's a wide range of a male accessories to pick from. There's rings, watches, bracelets, ties, belts and more.

If you're on the skinny side, an oversized jewellery or accessory will only emphasize how small your frame is. And for those who belong to the bulky size or in between, anything not remotely small in anyway is fine. An undersized jewellery or accessory would only appear ridiculous and make it obvious you're way bigger than the jewellery or accessory.

Now that you have these hacks in mind, we hope you're one step towards achieving that body figure you've always wanted.

Yes! With fashion, you can make it work!

Color Matching - What Every Guy Should Know.

Colors! This one word was formerly perceived as feminine. But today, with the fast paced growth of fashion, it is safe to say otherwise.

Nowadays, men rock bold and brightly colored attires and still look classy. Moreso, colors are meant to command attention and make the wearer stand out. A complementing color enhances your style and is a great way to make a fashion statement.

So who says the male folks don't need a little bit of this?

Sadly, a lot of males find color matching a huge chore they'd rather avoid. Thankfully, matching colors can be less of a chore once you've mastered how certain shades contrast and complement each other.

As a fashion brand dedicated to providing unique fashion tips for the elegant male, we have provided guides in this article to help you color match your outfit effortlessly.

The first guide is:

- **Know your colors**

If you're worried that we're going to take you through the color wheel again, then you can relax, because we won't. While the color wheel is great, most people find it hard to constantly have to refer to a circle of endless colors. So let's save you the stress and make things a lot easier.

There's basically two types of shades for matching colors.

- 1) **Complementing colors**

- 2) **Contrasting colors**

Complementing colors tone down the shades while contrasting colors tend to stand in stark difference. The key is understanding color hues.

For example, you can match a dark pair of navy jeans with a lighter orange or red shirt. When you make one piece of colored clothing a darker shade than its complementary piece, you'll create contrast.

We have three primary colors — red, yellow and blue and they all have a corresponding complementary color.

Red - green

Blue - orange

Yellow - purple

Remember to tone down the shades of whatever complementing color you choose. If you're donning a yellow, you'd want to go for a darker shade of a complementing color like purple. And if you want to contrast it, it comes out even better. A gray or ash pants would definitely be a great combination.

The second guide is:

- **Complement your features**

Your physical features such as skin tone, hair color and eye color can impact on how well your outfit suits you.

Excessive use of bright colors on men with high contrast skin tones only serve to make you a walking rainbow. Also, use of darker shades of colors on low contrast skin tones only produces a dull appearance.

So, the trick is going for colors that enhance your features not block them.

Rather than trying to match your shirt and pants with your skin tones or special features, try to match them with complementing or contrasting colors in light of dark shades depending on your skin tone.

A pair of black pants on a lemon colored shirt for a light skinned male will serve to tone down the bright lemon color while a pair of red pants on a white shirt for a dark skinned male will serve to glow him up.

Now here's another final important guide:

- **Match shoes and belts with outfit**

Unfortunately, this guide tends to be the most ignored, thereby making it one of the top fashion mistakes most men do.

Yes, choosing the right color of shoes for your outfit is as important as getting the right outfit itself. Your shoes and belts should complement each other.

If you're putting on a brown shoe, it's more ideal to go for a brown leather belt. Of course, the idea of matching shoes with belts does not mean that you have to buy so many belts. For all we know, most males have just 2- 3 belts at home.

So what do we mean?

Gray/dark brown or tan colors of shoes can be matched with black or monochromatic colors because the contrast will always be less noticeable.

Learning to match colors can be daunting yet fun. We hope you can boost your confidence and experiment with the tips we've provided. As an added bonus, our team at [Manners for Him](#) have provided more exclusive fashion tips to guide you as you strive to achieve your elegance as a male!

The Male Nightmare - Keeping Your Shirts Tucked.

What do you think? You run into a friend on your way to work, you're both in a hurry and can barely chat for long. He pauses in the middle of your brief chat, arms outstretched and reaches behind him to tuck the loose tails of his shirt. As he struggles, several other ends come untucked. You smile and make a mental note to check up on yours.

Two blocks down your office, you tug at your pants and instinctively reach out to your shirt. Oh No! Not again. Your shirt needs to be tucked in.

Typical male drama. In fact most males have to tuck in their shirts at least 20 times a day. The funny thing about this is the fact that it can be done anywhere and at any time. It's commonplace to see males struggling to tuck their shirts in at bus stops, malls, parks and even in traffic. On busy work days especially with the early morning rush hour, there's always an eyeful of males, trying to beat traffic while struggling to tuck their shirts in between.

Most males have described this struggle as a nightmare and we couldn't agree any less, for even the simple task of bending over can make your shirt come undone.

***"So, how can you fix this nightmare?
Are there any practical solutions?"***

The answer is a big YES. They're practical solutions that you can try right away! And we're pleased to bring them to you.

1. Go for Longer Fitted Shirts.

Here's why we advise this. Shorter shirts come undone a lot quicker. The more shorter your shirt, the easier it is to slip out your pants. Even the slightest movements like raising your arms, bending over or even attempting to sit can cause them to slip out. So go for shirts that extend below your pelvic region. Another key is to keep it fitted. Oversized shirts are less likely to stay in place and more likely to produce loose tail ends.

2. Traditional Shirt Stays.

Yes, traditional shirt stays have long been in existence and have been known to do a pretty amazing job keeping shirts tucked in. They function as suspenders inside the pants and have clips which are fastened onto the bottom of your dress shirt. The suspenders run down to the socks line. They are varying types of shirt stays with some being less than \$20 over the counter. Traditional Shirt stays are pretty much effective and saves the discomfort of tucking in every single time.

3. The Military Tuck.

This type of tuck works better if your shirts have a lot of material. The process is simple. You just have to tuck your shirt into your pants but right before zipping up, you take the excess ends forward into the position of your belt buckle and zip up.

Once this is done, you can adjust your body so the shirt doesn't feel confining.

Your belt helps to keep the excess ends in check. Take note that you have to fasten your belt as tight as possible so the tucked ends don't slip out.

4. Tucking your undershirt into your underwear.

Okay so this may not be the best option, but it works and you don't have to spend a dime. This recommendation is only if you're wearing an undershirt before your dress shirt. All you have to do is tuck your undershirt into your underwear or briefs and then tuck your dress shirt into your pants. This will prevent your undershirt from pulling your shirt out from your pants.

DO NOT tuck your dress shirt into your pants. This is a big NO.

No one wants to see your underwear rising over your pants.

We hope you found this tips helpful to keeping your shirt tucked and we wish you experiment with them and keep us posted on the outcome. You can access these and many other fashion related tips on our website www.mannersforhim.com

5 Mistakes of Jewellery Most Men Make

"Jewelleries are for women"

"I'm not too confident about it"

"Bling Blings are not my style"

If we had to make a list of excuses most males give when it comes to wearing jewellery, the list would be endless.

Truth is, jewelleries are not for women alone. In fact, males have been known to spot jewelleries way back to the ancient B.C

Now as far as we're concerned, jewelleries on a male adds to the charm he exudes. And when it's a male who's confident in his appeal, now that's a dangerous combination!

So, if you're a male who's interested in jewelleries or one who's simply curious, we know you'd definitely have a few questions or two. So we put out this article to guide you as you spot your favorite jewellery.

If you're not getting the effect you desire, it could be that you've been doing a few things wrong.

Thankfully, you're here now. With some more reading, you're just a tiny step away from upping your game.

Here's mistake #1

- **Unmatched Skin tones:**

Now this is a big deal because your jewellery is supposed to complement your skin tone. Everyone has a specific skin tone. There's warm, cool and neutral skin tones. These tones look great with certain colors. When matched to fit, they complement the skin tone they are placed on. For example a neutral tone ie, one not too light or too dark goes well with yellow or white looking jewelleries. This means gold or silver would be a perfect fit. Warm skin tones would fit better with gold or yellow while cool skin tones would perfectly match with any light metal.

And mistake #2

- **Oversized jewellery:**

Oversize is the downfall of any fashion. Most males think that wearing big jewellery calls attention to the wearer. True, but not all attention is good attention. Wear jewellery that complements your body size and frame. Men with wide hands or arms need bigger wrist watches or jewellery while slender men need sleek smaller jewellery.

Males with wide necks should wear longer necklaces. Keep in mind that if you wear jewellery that does not complement your body frame, you draw attention to how undersized or oversized you are. Now we don't want that, do we?

#3

- **Excessive Jewellery:** The

idea is to stay balanced and that can hardly be achieved with stacking piles of jewellery on oneself. It detracts from the purpose of wearing jewellery. How can the value of your necklace be seen when you simply pile 4-5 on each other. Sometimes less is more. Aim to achieve a balance. If you're wearing a wrist watch, adding too many bracelets on the other hand would be further away from balanced jewellery.

#4

- **Lack of confidence:** Your

self confidence is one of your greatest charms. Nothing beats the aura of a confident male. Lack of confidence though is a major setback when it becomes obvious. It could be you feel your jewellery is drawing too much attention or you worry it appears too feminine. Whatever the case, it's okay to worry. It shows you care about how you look and people's perception. But here's the bottom line, your jewellery is meant to stand out. If you're wearing it right, it's supposed to make an impression. As long as it's not excessive, ie you're not wearing multiple jewelleryes on one part of your body, then you have no cause for alarm. Enjoy the bling as it goes. For all you know, a lot of people are probably wishing they could glow this much.

And finally, mistake #5

- **Not Minding The Occasion:** In this

case, there's a lot to learn from women. They have specific jewelleryes for specific occasions and match them accordingly.

Now while most males tend to find this quite a hassle, it doesn't mean you should set yourself up.

Now what do we mean?

Imagine going for a job interview rocking multiple jewelleryes, on every part of your body.

You definitely have to be kidding to actually attempt that. And you'd have to agree that attending a funeral is no place to showcase your diamond collections.

Now you get it. While this doesn't mean that you refrain from wearing jewelleryes at all, you can strive to achieve a balance.

Wear something inconspicuous. That is, something that expresses your style and at the same time is modest.

For any other event, you can determine if you can go all Bling on them or tone down the jewellery a bit.

Now that we're done. Which mistake did you relate to the most and which tip did you find most helpful? You can visit our website www.mannersforhim.com to share your thoughts.

