

Aesthetic Muscle



Sculpt Your Body
Into A Chiseled Work Of Art!

By Scott Tousignant
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ABOUT THE AUTHOR

Scott Tousignant is an Elite Level Natural Bodybuilder and Physique Coach who takes an 'artistic' approach to body sculpting... viewing training as an art form and your body as a work of art.

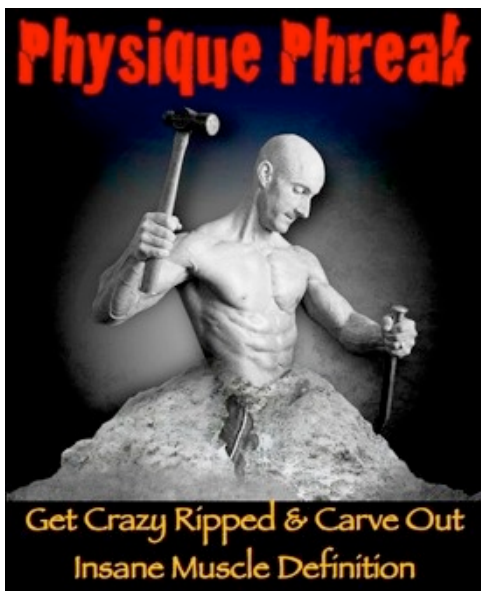
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NOTE: Access the 'Follow Along' workout videos for the Aesthetic Muscle 5 Day Body Part Split by visiting ==> [Aesthetic Muscle workout videos](#)

DISCLAIMER

You should recognize that any exercise program involve some element of risk. You should consult with your physician or health care professional to see if this program is something you can do without endangering your health and for diagnosis and treatment of illness and injuries, and for advice regarding medications.

While exercise is normally very beneficial, it is important that you undertake this program knowing that you do not have any health conditions that may be aggravated or damaged by activities in this program. The author and Metabolic Masterpiece shall have neither liability nor responsibility to any person or entity with respect to any damage or injury alleged to be caused directly or indirectly by the information contained in this book.

You should never discontinue taking medications prescribed by your doctor without specific consultation with your doctor. You should obtain clearance from your doctor before you undertake any program of exercise as the activities may be too strenuous or dangerous for some people.

Before making any changes to your personal diet and nutrition habits it is recommended that you consult with your physician or health care professional. The recipes and meal plan within this program are for informational purposes only. While every attempt has been made to verify the information provided in the Metabolic Masterpiece Meal Plan & Recipe book, neither the author or nor his affiliates/partners assume any responsibility for errors, inaccuracies, or omissions. The Metabolic Masterpiece Meal Plan & Recipe book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. The meal plan and recipes outlined herein should not be adopted without consultation with a physician or your health professional. Use of the meal plan and nutrition recipes herein is at the sole choice and risk of the reader. The authors are neither responsible, nor liable, for any harm or injury resulting from the recipes and meal plan suggested.

Day 1: Chest

Straightset	Weight	Sets	Reps	Rest
A1 Incline Bench Press		3	4-6	90

* **Progress (Increased strength and Intensity):** Less than 6 reps = increase reps. When you hit 6 reps, bump up the weight the following week.

Straightset	Weight	Sets	Reps	Rest
D1 Decline Dumbbell Bench Press		3	4-6	90

* **Progress (Increased strength and Intensity):** Less than 6 reps = increase reps. When you hit 6 reps, bump up the weight the following week.

Triset	Weight	Sets	Reps	Rest
C1 Gironda Dips		3	8-12	0
C2 Cable Fly's		3	8-12	0
C3 Push-Ups		3	8-12	60-90

* **Progress (Increased density):** Week 1 take 90 seconds rest between sets. Week 2 take 80 seconds rest. Week 3 take 70 seconds rest. Week 4 take 60 seconds rest between sets.

Note: Try to keep your reps the same or increase them each week as you decrease the rest period between sets.

Physique Artist Perspective:

In an effort to maximize the full hypertrophy potential of the chest muscles, the Physique Artist will utilize various angles of resistance. Although you can find conflicting research, it has been shown that certain angles place more stress on the pectoralis major near the collar bone, whereas other angles place greater stress along the sternum, or the lower aspect of the pectoralis major.

With a strength and hypertrophy focus (utilizing various rep ranges), the Physique Artist stresses both Type IIa and Type IIx (fast twitch) muscle fibers as well as Type I (slow twitch) muscle fibers.

Day 2: Back

Straightset	Weight	Sets	Reps	Rest
A1 Chest Supported T-Bar Row		3	4-6	90

* **Progress (Increased strength and Intensity):** Less than 6 reps = increase reps. When you hit 6 reps, bump up the weight the following week.

Straightset	Weight	Sets	Reps	Rest
B1 Wide Grip Pulldown		3	4-6	90

* **Progress (Increased strength and Intensity):** Less than 6 reps = increase reps. When you hit 6 reps, bump up the weight the following week.

Triset	Weight	Sets	Reps	Rest
C1 Chin-Ups		3	8-12	0
C2 Chest Supported Dumbbell Row		3	8-12	0
C3 Dumbbell Pullover		3	8-12	60-90

* **Progress (Increased density):** Week 1 take 90 seconds rest between sets. Week 2 take 80 seconds rest. Week 3 take 70 seconds rest. Week 4 take 60 seconds rest between sets.

Note: Try to keep your reps the same or increase them each week as you decrease the rest period between sets.

Physique Artist Perspective:

In an effort to maximize the full hypertrophy potential of the back muscles, the Physique Artist will utilize various angles of resistance and grip types. In this workout, we utilize an overhand (pronated) and neutral grip for the Rows, a wide overhand grip for the Pulldown, and a reverse (supinated) grip for the Chin-Ups. In addition to a heavy stress on the lats, the supinated grip for Chin-Ups places greater emphasis on the biceps as well as pectoralis major.

With a strength and hypertrophy focus (utilizing various rep ranges), the Physique Artist stresses both Type IIa and Type IIx (fast twitch) muscle fibers as well as Type I (slow twitch) muscle fibers.

Day 3: Legs

Straightset	Weight	Sets	Reps	Rest
A1 Hack Squat		3	4-6	90

* **Progress (Increased strength and Intensity):** Less than 6 reps = increase reps. When you hit 6 reps, bump up the weight the following week.

Straightset	Weight	Sets	Reps	Rest
B1 Leg Press (feet wide... toes out)		3	4-6	90

* **Progress (Increased strength and Intensity):** Less than 6 reps = increase reps. When you hit 6 reps, bump up the weight the following week.

Triset	Weight	Sets	Reps	Rest
C1 Leg Extension		3	10-12	0
C2 Leg Curl		3	10-12	0
C3 Alternating Reverse Dumbbell Lunges		3	10-12	60-90

* **Progress (Increased density):** Week 1 take 90 seconds rest between sets. Week 2 take 80 seconds rest. Week 3 take 70 seconds rest. Week 4 take 60 seconds rest between sets.

Note: Try to keep your reps the same or increase them each week as you decrease the rest period between sets.

Physique Artist Perspective:

Hack Squats tend to place more emphasis on the Quadriceps muscle. In an effort to develop a balanced appearance, I opted for a wide stance on the Leg Press with toes pointed outward, to create more emphasis on the Hamstrings, adductors, and glutes.

Leg Extensions are focused on the Quadriceps. Leg Curls on the Hamstrings. Lunges can hit the Quads, Hamstrings, and Glutes depending on where you place the 'Intention'.

With a strength and hypertrophy focus (utilizing various rep ranges), the Physique Artist stresses both Type IIa and Type IIx (fast twitch) muscle fibers as well as Type I (slow twitch) muscle fibers.

Day 4: Shoulders

Straightset	Weight	Sets	Reps	Rest
A1 Dumbbell Shoulder Press		3	4-6	90

* **Progress (Increased strength and Intensity):** Less than 6 reps = increase reps. When you hit 6 reps, bump up the weight the following week.

Straightset	Weight	Sets	Reps	Rest
B1 1-arm Cable Lateral Raises (leaning)		3	8-10	0

* **Progress (Increased strength and Intensity):** Less than 8 reps = increase reps. When you hit 10 reps, bump up the weight the following week.

Triset	Weight	Sets	Reps	Rest
C1 Cable Bent Over Raises		3	10-15	0
C2 Cable Lateral Raises		3	10-15	0
C3 Plate Front Raises		3	10-15	60-90

* **Progress (Increased density):** Week 1 take 90 seconds rest between sets. Week 2 take 80 seconds rest. Week 3 take 70 seconds rest. Week 4 take 60 seconds rest between sets.

Note: Try to keep your reps the same or increase them each week as you decrease the rest period between sets.

Straightset	Weight	Sets	Reps	Rest
D1 Shrugs		3	8-10	60

* **Progress (Increased strength and Intensity):** Less than 8 reps = increase reps. When you hit 10 reps, bump up the weight the following week.

Physique Artist Perspective:

In an effort to maximize the full hypertrophy potential of all aspects of the deltoid muscle, the Physique Artist will utilize various angles of resistance and grip types. The Dumbbell Shoulder Press mainly activates the anterior and lateral aspect of the deltoid. Lateral Raises place more stress on the lateral aspect, Bent Over Raises the rear aspect, and Plate Front Raises the anterior aspect. You may wonder why I included two variations of the Lateral Raise... In the first, my palms are facing down and I'm leaning to the side... the second, I'm upright, but my palms face backward. Targeting the fibers uniquely.

Day 5: Triceps and Biceps

Straightset	Weight	Sets	Reps	Rest
A1 Close Grip Bench Press		3	6-8	90

* **Progress (Increased strength and Intensity):** Less than 6 reps = increase reps. When you hit 6 reps, bump up the weight the following week.

Triset	Weight	Sets	Reps	Rest
B1 Lying Triceps Extension		3	8-12	0
B2 Overhead Cable Rope Extension		3	8-12	0
B3 Reverse Triceps Pressdown		3	8-12	60-90

* **Progress (Increased density):** Week 1 take 90 seconds rest between sets. Week 2 take 80 seconds rest. Week 3 take 70 seconds rest. Week 4 take 60 seconds rest between sets.

Note: Try to keep your reps the same or increase them each week as you decrease the rest period between sets.

Straightset	Weight	Sets	Reps	Rest
C1 Barbell Curl		3	6-8	90

* **Progress (Increased strength and Intensity):** Less than 6 reps = increase reps. When you hit 6 reps, bump up the weight the following week.

Triset	Weight	Sets	Reps	Rest
D1 Incline Dumbbell Curl		3	8-12	0
D2 Hammer Curl		3	8-12	0
D3 Reverse Curl		3	8-12	60-90

* **Progress (Increased density):** Week 1 take 90 seconds rest between sets. Week 2 take 80 seconds rest. Week 3 take 70 seconds rest. Week 4 take 60 seconds rest between sets.

Note: Try to keep your reps the same or increase them each week as you decrease the rest period between sets.

Physique Artist Perspective:

In an effort to maximize the full hypertrophy potential of the Triceps and Biceps muscles, the Physique Artist will utilize various angles of resistance and grip types.

In this workout, we utilize an overhand (pronated) grip for the Close Grip Bench Press and the Lying Triceps Extension. We then use a neutral grip for the Overhead Cable Rope Extension... and notice that we manipulate the degree of shoulder extension with this exercise. Next we use a reverse (supinated) grip for the Reverse Triceps Pressdown.

Each of these exercises will place varying degrees of stress on the three heads of the triceps muscle.

For the Biceps we use an underhand grip for the Barbell Curl and the Incline Dumbbell Curl. Notice how the angle of the arm is slightly forward during the Barbell Curl... then extended back during the Incline Dumbbell Biceps Curl. This will place unique stresses on the biceps.

We then perform Hammer Curls, which place more emphasis on the Brachialis as well as the long (outer) head of the Biceps. Using an EZ Bar for the Reverse Curls places more emphasis on the Brachialis, long head of Biceps, as well as the Brachioradialis (one of the forearm muscles)

With a strength and hypertrophy focus (utilizing various rep ranges), the Physique Artist stresses both Type IIa and Type IIx (fast twitch) muscle fibers as well as Type I (slow twitch) muscle fibers.

CONCLUSION

So there you have it. The Aesthetic Muscle 5 Day Body Part Split Workout Routine... to carve out a symmetrical, proportionate physique with insane muscle definition and detail.

What next?

I highly recommend the [Physique Phreak](#) or [Elite Physique](#) programs from my Metabolic Masterpiece Body Sculpting Collection. They incorporate unique training splits to further enhance your progress and maximize your potential.

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