

UPPER/LOWER SPLIT HIGH FREQUENCY REST-PAUSE VARIATIONS

BY SCOTT TOUSIGNANT
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ABOUT THE AUTHOR

Yo... what's up my fellow Physique Artist? My name is Scott Tousignant. I'm a graduate of the University of Windsor Human Kinetics program with honours in Movement Science '99.

I'm a Physique Coach with 15 years experience helping regular men and women build ROCK solid aesthetic muscle with chiseled details.

I'm also an Elite Natural Bodybuilder with the UFE, and creator of the [Aesthetic Muscle Plan](#).

I view training as an art form and your body as a work of art.

I believe that the art of molding and chiseling an aesthetically pleasing physique with spectacular symmetry, proportions, and carved out detail is one of life's most rewarding and fulfilling experiences...

...It's an opportunity for self growth and self discovery that will impact every area of your life.

Most important... I'm 100% committed to your success.

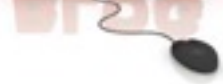


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The **[Fat Loss Quickie YouTube Channel](#)** is constantly being updated with top notch fitness tips, video demonstrations, recipes, and motivation strategies. Be sure to subscribe to our YouTube Channel updates.

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 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 Sample Meal Plan, neither the author or nor his affiliates/partners assume any responsibility for errors, inaccuracies, or omissions. The Sample Meal Plan is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. The meal plan outlined herein should not be adopted without consultation with a physician or your health professional. Use of the meal plan 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 meal plan suggested.

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Recommended Training Schedule

Day 1: Upper moderate reps

Day 2: Lower moderate reps

Day 3: Upper lower reps

Day 4: Lower lower reps

Day 5: Upper high reps

Day 6: Lower high reps

Day 7: Off

DAY 1: UPPER BODY MODERATE REP

MYO-REPS	WEIGHT	SETS	REPS	REST
A1 DUMBBELL CHEST FLYS		2	10, 3, 3, 3, 3...	5

MYO-REPS	WEIGHT	SETS	REPS	REST
B1 INCLINE BENCH PRESS		2	8, 2, 2, 2, 2...	10

MYO-REPS	WEIGHT	SETS	REPS	REST
C1 WIDE-NEUTRAL GRIP PULLDOWN		2	10, 3, 3, 3, 3...	5

MYO-REPS	WEIGHT	SETS	REPS	REST
D1 WIDE-NEUTRAL GRIP SEATED ROW		2	8, 2, 2, 2, 2...	10

MYO-REPS	WEIGHT	SETS	REPS	REST
E1 LATERAL RAISES		2	10, 3, 3, 3, 3...	5

MYO-REPS	WEIGHT	SETS	REPS	REST
F1 INCLINE DUMBBELL BICEPS CURL		2	10, 3, 3, 3, 3...	10

MYO-REPS	WEIGHT	SETS	REPS	REST
G1 TRICEPS PRESSDOWN		2	8, 2, 2, 2, 2...	10

DAY 2: LOWER BODY MODERATE REPS

MYO-REPS	WEIGHT	SETS	REPS	REST
A1 LEG CURL		3	8, 2, 2, 2, 2...	10/180

MYO-REPS	WEIGHT	SETS	REPS	REST
B1 LEG EXTENSION		3	10, 3, 3, 3, 3...	10/180

MYO-REPS	WEIGHT	SETS	REPS	REST
C1 CALVE PRESS		3	10, 3, 3, 3, 3...	10/180

MYO-REPS	WEIGHT	SETS	REPS	REST
D1 HANGING KNEE RAISES		3	10, 3, 3, 3, 3...	10/180

DAY 3: UPPER BODY STRENGTH

Select a weight you could perform 5 reps with.

2 reps rest 10 seconds

2 reps rest 10 seconds

2 reps rest 10 seconds

2 reps rest 180 seconds

Repeat four more times for a total of 5 sets.

CLUSTER SETS	WEIGHT	SETS	REPS	REST
A1 BENCH PRESS		5	2, 2, 2, 2	10/180

CLUSTER SETS	WEIGHT	SETS	REPS	REST
B1 CHEST SUPPORTED T-BAR ROW		5	2, 2, 2, 2	10/180

CLUSTER SETS	WEIGHT	SETS	REPS	REST
C1 TRAP BAR OVERHEAD PRESS		5	2, 2, 2, 2	10/180

DAY 4: LEGS STRENGTH

Select a weight you could perform 5 reps with.

2 reps rest 10 seconds

2 reps rest 10 seconds

2 reps rest 10 seconds

2 reps rest 180 seconds

Repeat four more times for a total of 5 sets.

CLUSTER SETS	WEIGHT	SETS	REPS	REST
A1 LEG PRESS		5	2, 2, 2, 2	10/180

CLUSTER SETS	WEIGHT	SETS	REPS	REST
B1 HACK SQUAT		5	2, 2, 2, 2	10/180

CLUSTER SETS	WEIGHT	SETS	REPS	REST
C1 SEATED CALVE RAISES		5	2, 2, 2, 2	10/180

CLUSTER SETS	WEIGHT	SETS	REPS	REST
D1 CABLE CRUNCH		5	4, 4, 4, 4	10/180

* Select a weight you could perform 8 reps with.

DAY 5: UPPER BODY HIGH REP

100 REP SET	WEIGHT	SETS	REPS	REST
A1 DUMBBELL BENCH PRESS		-	100	10

DROPSET	WEIGHT	SETS	REPS	REST
B1 CABLE FLYS		4	12-15	0

100 REP SET	WEIGHT	SETS	REPS	REST
C1 WIDE GRIP PULLDOWN		-	100	10

DROPSET	WEIGHT	SETS	REPS	REST
D1 T-BAR ROW		4	12-15	0

100 REP SET	WEIGHT	SETS	REPS	REST
E1 Y PRESS		-	100	10

100 REP SET	WEIGHT	SETS	REPS	REST
F1 HAMMER CURL		-	100	10

100 REP SET	WEIGHT	SETS	REPS	REST
G1 ROPE TRICEPS PRESSDOWN		-	100	10

DAY 6: LOWER BODY HIGH REPS

100 REP SET	WEIGHT	SETS	REPS	REST
A1 SUMO DEADLIFT		-	100	10

DROPSET	WEIGHT	SETS	REPS	REST
B1 LUNGES		4	12-15	0

100 REP SET	WEIGHT	SETS	REPS	REST
C1 STANDING CALVE RAISES		-	100	10

100 REP SET	WEIGHT	SETS	REPS	REST
D1 AB COASTER		-	100	10

CONCLUSION

So there you have it. AMP High Frequency Upper/Lower Split Routine... to carve out a symmetrical and proportionate physique with insane muscle definition and detail.

What next?

I highly recommend that you check out the 16 week [Aesthetic Muscle Plan](#), which includes 4 unique training splits to further enhance your progress and maximize your potential.

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