

The New “Frequency Hack” That Let’s You Carve Out Your Ripped And Muscular Physique In Just 16 Weeks!



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What if I told you that almost everything you've been taught about how to build a ripped and muscular physique has been wrong!

Hi, I'm Scott Tousignant

You may have noticed that training frequency has recently become the most highly debated and controversial topic in the fitness industry.

A battle between Body Part Split routines and High Frequency Training.

Both claiming that their approach is the absolute best for building a rock solid and chiseled body!

And guess what? **They're both wrong!**



Now in this information packed report you're going to discover why the common stuff you've been taught about how often you should train each muscle group is **not** how the best physiques are being built.

You will cut through the confusion and overwhelm while uncovering the truth about how to optimize your training frequency to maximize your fat burning and muscle building potential.

In the process you will also find out **how to avoid the costly mistake most guys make when changing their training frequency.**

Making this mistake is detrimental to building your ripped and muscular body.

Now, if you're ready to take your physique to the next level.

Carving out attention grabbing ripped abs and building rock solid muscle that commands respect.

You need to pay close attention and carefully read every word of this report all the way through to the end.

If This 40 Year Old With Crappy Genetics Can Carve Out A Ripped And Muscular Physique, So Can You!

You're about to get an insider look into the exact "Frequency Hack" I used to finally carve out a photo ready physique worthy of being featured in muscle mags such as IronMan like you see here...



Now if a guy like me, at 40 years old with some of the crappiest genetics in the world can have his physique featured in fitness magazines...

...You better believe that you can sculpt a ripped and muscular body worthy of being featured in them as well.

You see, I grew up a scrawny kid. Your typical hardgainer, busting his butt in the gym with little to show for it.

At 19 years old, after five years of following all the common muscle building advice, I weighed in at a measly 123 pounds.



I had built up a bit of muscle, but I still felt average and frustrated with the slow muscle gains.

Then things got worse.

You've probably heard the typical hardgainer advice to EAT BIG!

Well after putting it to the test I soon found out just how quickly and easily I could gain fat as I ballooned up from 123 pounds to 190 pounds.

Almost all of it directly deposited as fat around what you may have referred to as the 'spare tire'.

As you could imagine, this is the worst kind of crappy genetics you could ever ask for.

Not only is it a struggle for me to gain muscle, but I gain fat way too easy as well.

From there the 12 year struggle to lose all that excess fat began. I'd drop 10 pounds and gain it all back. Drop the same 10 pounds then gain it all back again.

Hovering around 180 pounds at age 35, that roll of fat hanging around my lower belly and love handles was laying a beating on my confidence.



I may have looked decent compared to most guys, but I felt sloppy.

I wanted better for myself. I didn't want to settle for an average body.

I wanted to look ripped and muscular.

You can relate to these feelings right?

After years of continuous struggle I simply decided enough was enough. It was time to show the world what I was really made of. Time to become the absolute best version of myself. Time to unleash my greatness!

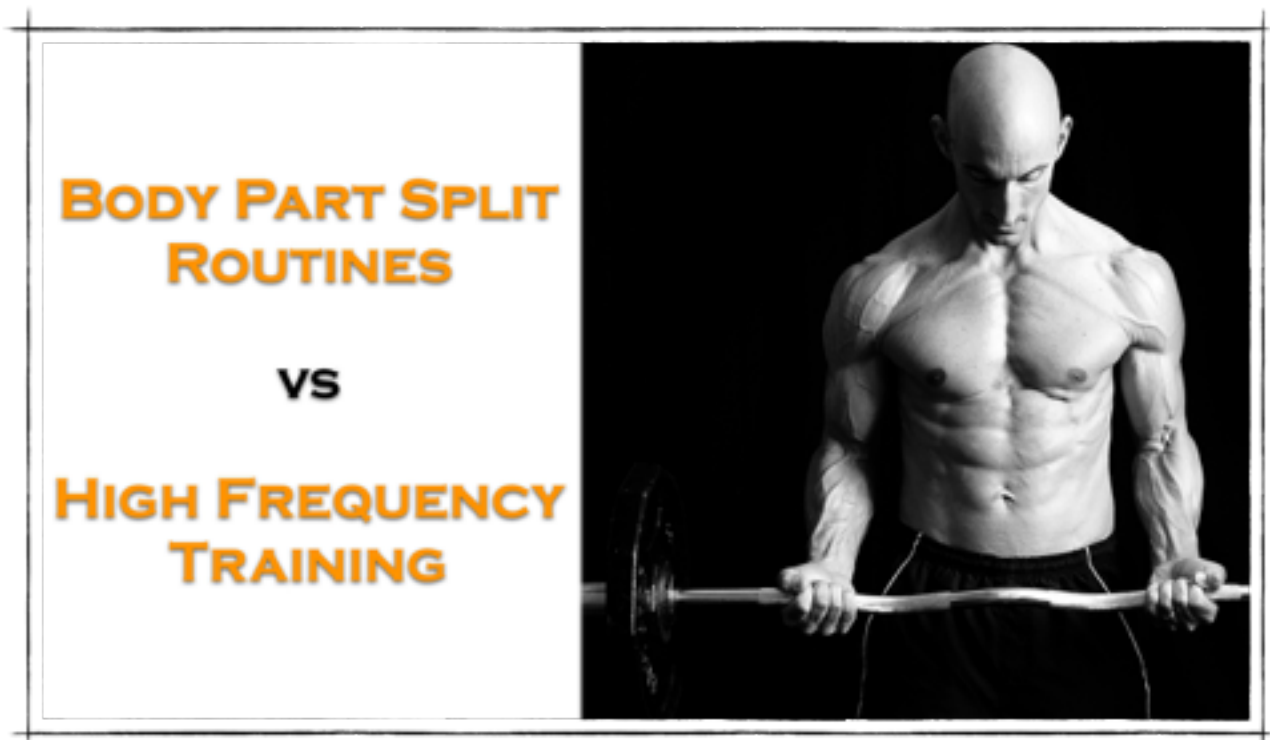
I knew what I wanted. Now it was time to create a plan that would get me there.

When you have crappy genetics like me, you have to squeeze every ounce of potential from your training.

Everything has to be **100% optimized** in order to **maximize the fat burning and muscle building benefits** from every workout.

As you're about to see, this is where typical training advice falls short and holds most guys like you back from achieving the aesthetic physique they desire.

Now let's dive into the training frequency controversy and bring some clarity to what truly is the best approach.



What The Research Reveals About The Optimal Training Frequency

When you review the large body of research, you'll see the overwhelming evidence suggest that the optimal training frequency is anywhere from **once every 5 days up to 3 times per week**, with twice per week showing the strongest support.

You'll notice how it's not a single training frequency that's best. It's an **optimal range** for you to work with.

And if you think about it, both body part split routines and high frequency training fall into that range.

You see, body part split routines are much more than the workouts you come across in the muscle mags that have you only training a muscle once every 7 days.

The truth is, there are **a variety body part split routines** you can perform. Most of which have you training each body part once every 4-5 days. Some even have you training each muscle twice per week.

On the other end of the controversy, high frequency training has become popular lately thanks to a recent Norwegian study that has you performing full body workouts 6 days per week.

But the truth is, there are **a variety of high frequency training routines** you can perform. The most popular being three full body workouts per week. But you can also perform a variety of upper/lower or push/pull/leg splits that have you training each muscle 2-3 times per week.

As you can see, body part split routines vs high frequency training isn't so black and white. In fact, there's a bit of overlap between them.

So right out of the gate, the first thing that is wrong with thinking that high frequency training is better than body part split routines or vice versa, is a narrow minded point of view in defining what they actually are.

When you have an open mind and you look at the big picture like this, you open the doors to maximizing your genetic potential.

Now let's dig a bit deeper into the impact training frequency has on building your ripped and muscular physique.

TRAINING FREQUENCY

WILL HELP YOU

**MAXIMIZE YOUR
MUSCULAR POTENTIAL**



Why Training Frequency Matters For Building Your Best Body

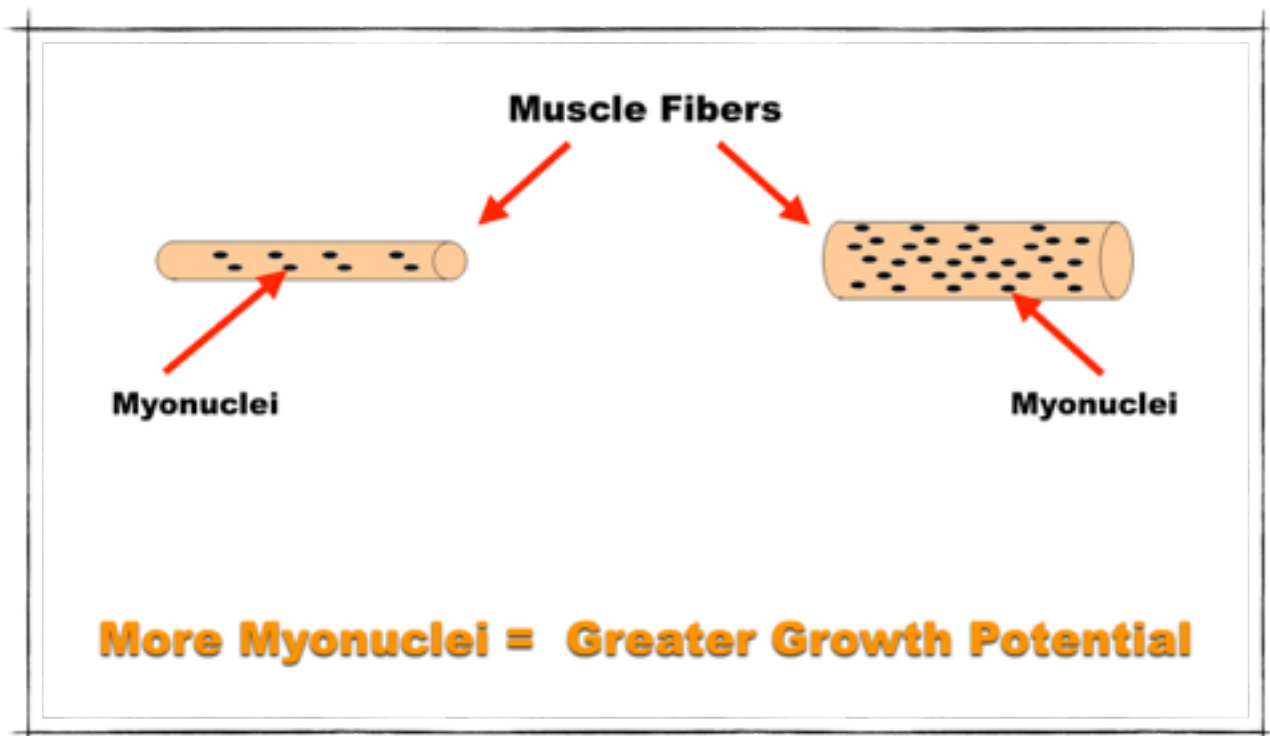
At the heart of the controversy between body part split routines and high frequency training is the muscle building process called **Muscle Protein Synthesis (MPS)**.

During your workout you are in a process of **Muscle Protein Breakdown (MPB)**. After your workout when the muscle protein breakdown has finished, MPS skyrockets and remains elevated for approximately 24-48 hours in novice lifters or 12-16 hours in advanced lifters.

Now that's the common stuff you'll see taught and it's what many workout programs are based on. As you'll see it's why they are leaving serious results on the table.

Here's where things get interesting.

MPS is regulated by the myonuclei within your muscle fibers. The number of myonuclei within the muscle fiber is a strong determinant in how big your muscles can grow.



The great news is that you can add more myonuclei to your muscle fibers by causing substantial muscle damage through high volume workouts.

This is crucial for your long term muscle gains, because the more myonuclei within your muscle, the greater potential your muscle has for growth.

Now that may have been a bit technical, but here's where you will make sense of it all. This is where you will discover why it's wrong to think that either Body Part Split Routines or High Frequency Training are the best for building a ripped and muscular physique.

Pros and Cons of High Frequency Training

The main benefit of high frequency training is that you spike MPS and the muscle building process more often throughout the week.

The downside of high frequency training is that you need to reduce the amount of muscle damage that occurs with each workout in order to allow you to recover before your next workout.

These lower volume workouts won't cause the amount of damage necessary to add more myonuclei to the muscle fibers.

Therefore, with high frequency training your growth is limited to the current number of myonuclei in your muscle fibers.

Pros and Cons of Body Part Split Routines

The main benefit of body part split training is that it allows you to perform higher volume workouts, adding more myonuclei to the muscle fibers.

The downside of body part split routines is that the higher volume workouts require more rest between workouts. The longer rest won't allow you to spike MPS and the muscle building process as often, which will limit your growth potential.

As you can see, both high frequency training and body part split routines have their pros and cons.

You can also see that if you get stuck thinking that either body part split routines or high frequency training is better than the other, you are leaving serious results on the table.

The truth is, if you want to optimize your training and gain the maximum benefits from your workouts, **you must strategically periodize your training frequencies.**

That's how the best physiques are being built!

My physique has improved more during the past 5 years following a periodized frequency approach than it did during the previous 20 years of bodybuilding.

Without drugs and without wasting my hard earned money on useless supplements.



Same goes for **my workout partner Rick who is 53 years old** and in the best shape of his life.



Rick thought his days of gaining muscle were behind him. But since periodizing our training frequency he's been making steady lean gains.



Again, without drugs, without hormone replacement therapy, and without breaking the bank on supplements.

Frequency can be a potent training variable in building your ripped and muscular physique. Especially, when you've neglected to change it over the years.

Trouble is, manipulating your training frequency is easier said than done.



The Biggest Challenge Most Guys Face When Changing Your Training Frequency

The biggest challenge I see most guys like you face when changing training frequency is **managing muscle damage and recovery**.

When changing your training frequency you need to adjust your training volume and intensity accordingly.

First, let's take a look at training volume, which is the most important factor in building a ripped and muscular physique.

Training Volume

Training volume is defined as (weight lifted x sets x reps)

It's important for you to view your training volume from both a weekly and per workout perspective.

If all you've ever done is body part splits and you're used to annihilating your muscles once a week, it can be a challenge for you to dial back the volume per workout when switching to a higher frequency plan.

It's a mindset thing more than anything. If you aren't hobbling around for days after a leg workout you may feel like you didn't train hard enough.

But if you maintain this mentality with a higher frequency training plan the muscle damage will be too much for you to recover from before the next workout.

You'll be breaking the muscle down again, before the rebuilding process has been complete. This is absolutely detrimental to building the ripped and muscular physique you desire.

What you need to realize is that you end up getting in the same or potentially more total volume at the end of the week when you increase your frequency intelligently.

Adjusting training volume and frequency while managing recovery really is a delicate balancing act that requires a keen sense of awareness.

This is where the help from an experienced Physique Coach, like myself will really pay off.

Here's a short and simple guideline for optimizing training volume...

Optimized Training Volume Guidelines

- You will want to aim for training each muscle with 40-70 reps two to three times per week.
- If you're following a higher frequency plan, where you're training each muscle more than 2-3 times per week you'll have to reduce the number of reps you train each muscle per workout.
- If you are following a lower frequency plan you can train each muscle with more than 70 reps per workout.

Gradually increasing your training volume over time is key to the long term growth and improvement of your physique.

Now the second important factor you must adjust accordingly when fluctuating frequency is training intensity.

Training Intensity

Here we're talking about intensity measured in the percentage of weight lifted, not intensity measured in how hard you push yourself during a workout.

Lifting heavy weight creates a great deal of muscle tension while causing neurological adaptations with your body. This helps you recruit more muscle fibers in future workouts. Strength gains that you experience from lifting heavy weight are definitely a key contributor to your long term growth and physique improvement.

Trouble is, lifting heavy can put a strain on your nervous system when performed frequently and can really beat your body up while increasing the risk of injury.

Training for the pump in the moderate rep range causes metabolic adaptations. These adaptations promote growth of both fast twitch type II muscle fibers and slow twitch type I muscle fibers.

Trouble is, training for the pump in the moderate rep range causes muscle damage, which often leads to muscle soreness. When performed frequently your recovery won't be sufficient and your training will suffer.

A good approach is to rotate between heavy and moderate lifting days. A smarter approach is to add in some light days where you train in the higher rep range.

Training in the higher rep range causes cellular adaptations, which increases the amount of fluid in the muscle cell. This is known as sarcoplasmic hypertrophy, which makes your muscles look fuller.

High rep training may seem useless to some guys, but the more often you train a muscle group, the more useful they become for managing your recovery.

This is where **advanced high rep muscle building tactics** come in handy and can take your physique to the next level.

For example;

- Myo-Reps
- 8 sets of 8
- Intrasets Stretch Dropsets
- Blood Flow Restriction Training
- 100 Rep Sets

These advanced high rep muscle building tactics allow you to use a lighter weight while reaping incredible body sculpting rewards.

If you want to manage muscle damage and recovery while optimizing your training so not a single muscle fiber goes untouched you must **strategically rotate your rep ranges**.

Now this was a lot of information for you to absorb, so let's do a quick little recap.

Summary

If you want to build a ripped and muscular physique, the best approach is to;

- 1) Periodize your training frequency.
- 2) Manage muscle damage and recovery by;
 - a) Adjusting training volume accordingly.

Short and simple guideline is 40-70 reps per muscle group 2-3 times per week.

- b) Rotating rep ranges.



What's Next?

Now you could easily take this information and apply it on your own.

But I want to **make things even easier for you.**



I want to **take away all of your guesswork.**



I want to **save you the hours of time** it takes to invest in creating a periodized training plan that fluctuates frequency, adjusts training volume, and rotates rep ranges.

Here's your chance to follow the exact same 16 week periodized plan I followed to carve out a ripped and muscular physique.

The same plan my workout partner Rick used to cut and jacked.

The same periodized plan average guys have been using to sculpt their body into a chiseled work of art!

Introducing The Aesthetic Muscle Plan



The Aesthetic Muscle Plan is a 16 week periodized body recomposition plan strategically designed to help you achieve your maximum muscular potential by manipulating;

- Training Frequency
- Training Volume
- Exercise Selection
- Rep Ranges
- Rest Periods
- Advanced Training Tactics

The Aesthetic Muscle Plan includes;

- 4 unique training phases lasting 28 days each.
- 4 different training frequencies (1 for each phase)
- 21 advanced aesthetic muscle building workouts.

Want to try out the 16 week Aesthetic Muscle Plan that lets you build your ripped and muscular physique?
[Click Here To Learn More.](#)