

# How To Strip Away Stubborn Fat To Uncover Your Shredded Abs



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.

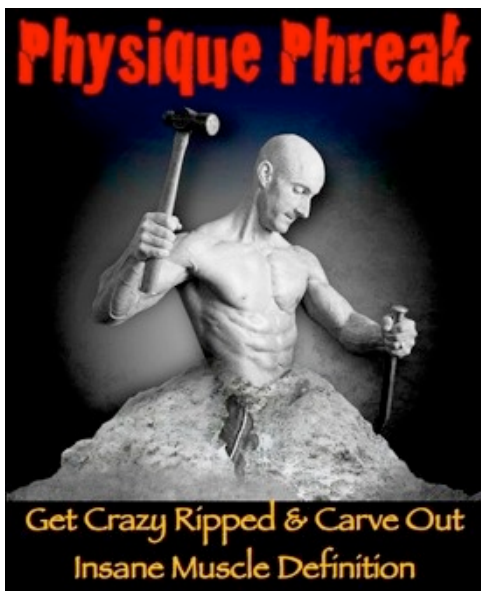
Scott specializes in helping regular guys **get ripped abs insanely fast.**

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While exercise is normally very beneficial, it is important that you undertake the advice within this report, knowing that you do not have any health conditions that may be aggravated or damaged by activities suggested within this report. The author of this report 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.

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# INTRODUCTION

It's time to *UNLEASH* your 'Inner Fitness Model! Say good-bye to your average looking body and hello to a chiseled physique that looks like a carved out statue of a Greek God or Goddess.

If you have struggled to lose that last 10-20 pounds, this report will set you on the path to body sculpting success!

I must warn you, these strategies are not for the faint of heart. Transforming your body from average to ripped, requires *hard work, dedication, consistency, an unstoppable attitude, and an overwhelming belief that you have what it takes to sculpt your body into a work of art.*

It's time to harness that, "***Eye of the Tiger***" mentality. It's time to dominate your workouts. It's time to embrace a healthy nutrition plan that fuels your energy and your muscle. It's time to create an environment within your body that is optimal for fat burning and muscle building. If you have longed to look like the cover models on fitness magazines, do not waste another second simply wishing that you had their body. The time to carve out a smoke'n hot physique is NOW!

The purpose of this report is to outline the key factors and strategies that produce the visually stunning results that you deserve.

Let's dive into these powerful body sculpting strategies...

## BODY SCULPTING STRATEGIES

### Body Sculpting Strategy #1 – Refuse To Settle For Anything Less Than The Best From Yourself... Striving to live to your fullest potential

Just about every successful body transformation begins with a shift in mindset and my personal transformation was no exception. The first shift occurred when I realized that I was not living to my fullest potential. My body was not an accurate representation of the **standards** I held for myself.

In that moment I knew I deserved better... MUCH BETTER! I was more than capable of experiencing an incredible transformation (just as you are), and there was no way in hell I was going to put it off any longer. I flat out refused to go another day living in an average body and settling for “the norm”.



That’s exactly what I want to see from you beginning right NOW! You deserve better and you know it. You want better and it’s time to get it. You owe it to yourself to sculpt an incredible body that you will be proud of. Stop wasting the amazing potential that you possess. Your body and life is a gift and it’s time that you make the most of it. Show us what you’re made of!

You deserve the increase in confidence that will come from your transformation. You deserve to feel strong, ripped, and sexy! It’s time to flat out refuse to settle for anything less. It’s time to raise the bar and live up to your standards! It’s time to carve out an amazing physique to be proud of... a physique that best represents your values and beliefs.

## Body Sculpting Strategy #2 – Go “Old School” and Train For Cosmetics... Sculpt an Aesthetically Pleasing Physique

As my buddy Shawn Phillips once said, *“Training is less science than ART. Become the artist”*. Now that REALLY resonated with me. The science of training is important, but if you focus too much on the “conflicting” research it can overwhelm you and take the fun out of training.

The #1 reason why the vast majority of us workout, is pure **vanity**. We want to look better. We want to feel sexy and attractive. If that’s your #1 goal... to look better... you should be training for cosmetics, not training like some elite athlete. Functional Training... what’s that? The function of my training is to make me **look freak’n HOT!** I’m just as functional as any “fitness guru” bouncing on a Bosu Ball and doing crazy acrobatic moves.



The “Old School” Classic Physique Artists understood that sculpting an aesthetically pleasing physique and training for cosmetics requires both compound exercises and isolation exercises.

Classic Physique Artists incorporated both strength training in the 3-5 rep range, as well as hypertrophy training in the 8-12 rep range. They also performed high reps of 15-20. Utilizing all the rep ranges allowed them to chisel out the fine details of their aesthetically pleasing physique.

Classic Physique Artists took advantage of a variety of training protocol, such as straightsets, supersets, dropsets, pyramids, 8 sets of 8, and much more. Each training protocol would “hit” the muscle fibers in a unique way, with some of the training protocol effectively hitting muscle fibers that would be left untouched by traditional training protocol. As part of their “**sculpting**

**tool chest**", Classic Physique Artists would call upon certain training protocol, which would improve their ability to recruit even more muscle fibers in future workouts.

Classic Physique Artists did not require any "new age" fancy schmancy training techniques in order to sculpt **the best looking physiques in history**. They didn't have a list of the "Top 10 Foods To Avoid". They didn't have other so-called fitness guru's telling them to avoid crunches and isolation exercises like the plague. They weren't looking for a magic bullet or chasing the "next best thing". They utilized the fundamentals and mastered the strategies that were already proven to work.

**Body sculpting is more of a mindset shift than anything.** You are still focused on burning fat and gaining muscle, but with body sculpting you view your training as an art form rather than getting caught up in how many calories you may be burning throughout the workout.

I'll never forget the first time that I watched Pumping Iron many years ago and heard Arnold Schwarzenegger describe building muscle as a sculptor slabbing clay onto a statue. That really hit home with me and was the first time that I had made **the connection between training and art/sculpting**.

Body sculpting is a fascination with your physique and your potential to continue to improve upon it. **It's about creating a "Look"** rather than just becoming a skinnier or bulkier version of your current self. It's about **sculpting the most symmetrical and aesthetically pleasing physique possible**. It's very personal to each individual. It's got nothing to do with current fads and trends.

With body sculpting you can basically throw away the scale and the calipers, because numbers don't really matter. What does matter is what you see staring back at you in the mirror or in your progress pictures.



With body sculpting you develop a keen eye for picking out the areas of your physique that could use some improvement.



When my mindset shifted from a fitness enthusiast into a physique artist, the first thing I became well aware of was how my legs were really lagging behind. To put it bluntly, I had stick legs.

To give you an idea of how skinny my legs were... When I used to work in an auto factory, my co-workers would hold up an antennae and joke that my legs looked just like it :P

I spent this past year busting my butt off in the leg department. It was important that I create a symmetrical physique. The extra effort and focused attention on my legs definitely paid off.

After seeing my pictures from this recent photo shoot, I recognize that I need to work on building a thicker chest and back. It's also a major priority for me to build up my calves.

I have a new 12 week goal of building some serious muscle without the fat. I am scheduling another photo shoot to show off this new muscle and I plan on coming in even more RIPPED than this recent photo shoot.

## Body Sculpting Strategy #3 – Follow The Fat Burning Nutrition Secrets Of The Worlds Best Body Sculptors and Fitness Models That Have Been Proven To Work For Over Half a Century!

Why try to re-invent the wheel, when tens of thousands of the hottest and sexiest men and women on the planet have already created a proven blueprint to follow?

Two key nutrition strategies that have been used by the best physique artists and fitness models for over half a century are:

- a) **Carb Cycling**
- b) **Energy Partitioning**

The best body sculptors and fitness models make the effort to **plan and track their nutrition with detail and precision**. They are methodical with their approaches. There's no guess work involved, which means that you've got to know how many calories you are consuming each day. That may sound like a lot of work, but it really isn't. In fact, it's easier and less stressful than the way that most people go about mindlessly eating and trying to figure out what they are going to eat for dinner tonight.

The way to make calorie counting easy and effortless is to create a 7 day master meal plan. Make a list of the top healthy foods and meals that you enjoy. Calculate the calories for each meal and snack. That's it! You only have to count calories this one time. It's not like you have to walk around with a spreadsheet and write down everything that you eat everyday and the calories that are in those foods everyday. You do it one time and stick to the plan.

Of course there will be the odd occasion when you have a different treat or go out for dinner as a cheat meal and you'll need to take into account those

calories, which were not a part of your master meal plan... but for the most part (90-95% of the time), you'll be sticking to the foods that you typically eat and you'll already know the calorie content.

In the [Elite Physique System](#) I make things even more effortless for you by providing a detailed 7 day master meal plan based on my proven fat burning meals.

Now here's where the carb cycling comes into play...

When creating your master meal plan you will go 3 days with a lower carb intake. This is not a NO CARB diet. You still need carbs and I do not recommend cutting them out. You are simply reducing your carbs. On the 4th day you would increase your carb intake.

You would then repeat the cycle.

**BIG TIME Get Ripped TIP:** Keep your protein intake and fat intake the same every day, whether it's a low carb day or a high carb day. The only thing that is going to change is how many carbs you consume.

For example let's say that you have determined that on Day 1, 2, and 3, you would like to be in an aggressive 30% caloric deficit, consuming 1865 calories and keeping your carbohydrate intake low. Now lets say that 400 of those calories come from carbs, 900 calories from protein, and 565 from fat.

Day 4 your goal is to consume your maintenance level caloric intake. For this example your maintenance level caloric intake is 2665.

On the high carb day you would keep your protein at 900 calories, your fat at 565 calories, and bump up your carb intake to 1200 calories. The extra calories that brought you up to your maintenance level caloric intake all

came from carbohydrates. **That's why it's called carb cycling.** You are cycling the amount of carbohydrates that you are consuming... while at the same time cycling your calories.

This high carb day will replenish your glycogen stores and your energy. The higher calories will prevent your body from going into starvation mode and slowing down your metabolism.

## Body Sculpting Strategy #4 – HIIT/Cardio For A Sculpted Physique



I'll be the first to admit that cardio is NOT absolutely necessary in order to sculpt a picture perfect physique. For my previous photo shoot I didn't do any cardio at all and was able to get incredibly ripped. I did however walk for 30-40 minutes on most days. This made for excellent **active recovery** and **stress reduction**, which definitely contributes immensely toward your final results.

For this photo shoot I put a HIIT/cardio protocol based on Lyle McDonald's work to the test, which is in theory **designed to target the last stubborn bit of fat** that is hanging onto your body. For men, that usually means lower belly fat.

Do not mistake this as **spot reduction**. If you have a fair amount of fat to release, this cardio is not designed to burn fat from your trouble spots directly. It's designed to burn the fat from the last place that you store it... which happens to be labeled as a "**trouble spot**" or "**stubborn fat**". Personally I haven't found any fat to be considered "stubborn". It's simply the last place that it comes off.

This combination of HIIT and steady state cardio is very demanding on your lower body. I do not recommend doing this more than three times per week. The timing of this protocol is also sensitive. Get it wrong and it will have a negative impact on your recovery and your workouts. What I found works best is to perform this cardio first thing in the morning on your leg training days and on an off day. For me, that typically falls on a Tuesday, Friday, Sunday. Wait to perform your leg workout until later in the day, giving yourself 5-8 hours between the HIIT/cardio and your leg workout.

OK, I'm sure your chomping at the bit to see what this HIIT/cardio protocol is all about... so here it is...

### **HIIT/Cardio Protocol: (2x - 3x per week)**

**Warm-up:** 3-5 minutes at a low intensity on the upright stationary bike.

#### **Part 1:** Stationary Bike HIIT (5-10 minutes)

For the first part of your session you will perform 5 to 10 minutes of HIIT on the upright stationary bike. Increase the resistance and go all out speed for 15 seconds. Then decrease the resistance and pedal slowly for 45 seconds. Repeat 5 times.

To give you an example, I cranked up the resistance to level 14 during the all out portion of the interval and reduced it to 7 for the slower portion. The highest level on this particular machine is 15.

#### **Part 2:** Stretch (5 minutes)

Use this time to stretch out your quads, hammies, and calves.

#### **Part 3:** Stair Climber (20-40 minutes)

This 20 to 40 minute portion of the session focuses on steady state cardio. Choose a moderately intense resistance level that you can maintain for 20 to 40 minutes. What I love about the Stair Climber is that it's a great leg/ calve workout in addition to cardio. I noticed a significant increase in the size of my calves as a result of incorporating stair climbing into my workout plan.

#### **Part 4: Stationary Bike HIIT (5-10 minutes)**

You will finish off your session with 5 to 10 minutes of HIIT on the stationary bike going 30 seconds fast at a higher resistance (I used level 12) and 30 seconds slow on a lower resistance (I used level 7).

#### **Cool Down:**

Spend 3-5 minutes cooling down on the stationary bike by pedaling slowly at the lower resistance. Then take a little time to stretch out your legs.

#### **Steady State Cardio: (3x - 4x per week)**

In addition to the HIIT/cardio protocol I recommend performing some low intensity steady state (LISS) cardio.

If you opt for 2x per week HIIT/cardio, I recommend 4 days of LISS.

If you push yourself with 3x per week HIIT/cardio, I recommend 3 days of LISS.

Give yourself one day to rest and recover.

My top recommendations for the type of LISS cardio is either brisk walking or stair climbing if your body can handle it. If your legs feel fatigued stick with the brisk walking.

Here are a few reasons why I incorporate walking into my weekly training plan...

1) **Walking Burns Calories** - Frankly, I'm not too concerned with how many calories I burn during walking. It's not a significant amount, but at the end of the week it usually contributes to 1500 calories being burned.

2) **Walking Can Suppress Your Appetite** - HIIT and other forms of cardio tend to increase my appetite, while walking tends to distract me from eating and suppresses my appetite. It's true that other forms of cardio and HIIT burn more calories than walking, but if your appetite is increased as a result of those activities, you can easily wipe out any caloric deficit that those activities were designed to create.



3) **I Absolutely Love It!** - I look forward to my daily walks. I enjoy getting outdoors, even during the cold and snowy winter months. It feels good to me. It allows me to clear my head and become more in-tune with my thoughts.

4) **Walking Reduces Stress** - My daily stresses seem to melt away during a 40 minute walk. I return home from my walks feeling refreshed and re-energized, with a clear and focused mind. If you are not aware, stress can make it very difficult to burn fat and build muscle. If you are training hard and eating well, yet not experiencing the results that you desire, stress reduction would be the first factor that I would explore.

5) **Walking Is Excellent For Active Recovery** - Walking is a perfect activity to help your legs recover from a challenging workout. Weight

training should take priority over cardio. The type of cardio that you choose, should compliment your weight training, not hinder it. I have found that HIIT and various forms of cardio have a negative impact on my leg workouts if I am not careful. If you are going to use HIIT or traditional forms of cardio, please use it sparingly and pay attention to your feedback loop. If your leg muscles are sore on your weight training day, it probably means that they haven't had enough time to recover. Rather than put your leg workout off to a future date, you would be better off to cut back on your cardio or do as I do and perform low intensity cardio such as brisk walking at 4.0 mph.

**6) Walking Creates An Optimal Internal Environment For Building Muscle and Burning Fat** - I have found that the stress reducing factors in addition to the active recovery benefits and the pure enjoyment of walking, creates an optimal environment within your body to burn fat and build muscle.

To me, this is much more important than burning a few more calories with a more intense form of HIIT or cardio. Walking, sets my body and mind up for success.

One of the greatest Classic Physique Artists of all time, Steve Reeves, was a huge proponent of power-walking. It was his preferred method of cardio. If it was good enough for Steve, it's definitely good enough for me ;)

### **Body Sculpting Strategy #5 - Surround Yourself With Fellow Physique Artists**

Without a doubt, surrounding myself with like-minded physique artists has played a HUGE role in my success. These fellow body sculptors have helped me overcome challenges, celebrated in my successes, and have inspired me through their own successful transformations.



This is the biggest reason why I include the Metabolic Masterpiece Inner Circle as part of the [Elite Physique System](#). It's an amazing community full of like-minded physique artists striving for their true potential. Within our Inner Circle I have witnessed countless men go from average to freaky ripped!

Without fail, every time I hit a plateau or get stuck in a mental rut, I would witness a jaw dropping transformation and read about their success story in the MM Inner Circle. Their photos along with their story of adversity, has always been exactly what I needed to step up my game.

Reading my fellow physique artists daily progress journals totally pumps me up. It helps keep things in perspective for me and keeps me focused on body sculpting as a life long journey that is meant to be embraced and enjoyed every step of the way.



In addition to being a part of an amazing support community full of like-minded physique artists, I also recommend **hooking up with a great training partner**. If I had written this report 18 months ago, I would have never included this as a body sculpting strategy. I used to prefer training alone. I'd put my headphones on, blast the music, get super focused, and go to town.

Now that I've been training with a partner for several months I'll never go back to training alone... it's had that much of a positive impact on my results.

That's a picture of my training partner. He's 50 years young and has been experiencing

AWESOME results with the entire collection of Metabolic Masterpiece workouts.

Training partners can help you push through a plateau, they can pick you up when you're feeling tired, they hold you accountable to showing up and giving your very best effort!

## Body Sculpting Strategy #6 – Support Your Physique With Supplements That Compliment Your Goals and Needs

I do not see a need for consuming a great deal of supplements. However, there are a few supplements that can fuel your muscle growth and maximize your fat burning potential.

I consume a **Full Strength** shake as a post-workout meal and have it for breakfast on non-workout days. I ABSOLUTELY love it! This shake fills me with loads of energy to help me **perform my absolute best, both in and out of the gym.**

With 40 grams of the best quality protein, 25 grams high quality carbs, 5 grams of healthy fats, 12 grams of glutamine, and much more, it's no wonder that Full Strength **satisfies my hunger** while providing my body with everything that it needs to transform. Plus, Shawn Phillips, the creator of Full Strength, is one heck of a stand up guy!

NOTE: I pride myself on being completely transparent. If you decide that you would love to experience the benefits of Full Strength also, and you make the wise investment by clicking through the Full Strength links in this book, I will earn \$5 per box. It's important to note that I was recommending Full Strength to my friends, family, and customers for several months prior to becoming an affiliate of their nutrition shake.

**Creatine Monohydrate** is another supplement that I have began consuming again. I prefer the plain, straight-up micronized Creatine that's made with Creapure. The brand that I have been using is called All Max and I am in no way affiliated with this company.

I recommend that you mix 5 grams of Creatine with warm water to ensure that it completely dissolves. You do not want to see any grains of Creatine in your drink. This may cause an upset stomach. There is no need to load Creatine as recommended on the bottles. 2 daily servings of 5 grams will provide great results.

Creatine is TOTALLY safe to use. It's probably been the most studied and tested supplement on the market.

## **Body Sculpting Strategy #7 - Book A Photo Shoot To Capture Your Body As A Work Of Art!**

The greatest reward and the best gift that I could have ever given myself was a photo shoot to document this portion of my transformation journey. It has skyrocketed my confidence, pride, and given me a greater appreciation of my achievements. I have thought of training/working out as an art form and now I see the results in the form of art (photos).

I was absolutely ecstatic to see the photos developed. The experience was absolutely unbelievable! I have never felt sexier than I did during the photo shoot, which has caused me to reflect on the benefits of sculpting an incredible physique...

...There's no doubt that vanity plays a big role in motivating an individual to transform their body. We want to look great and feel great. We want to look attractive to the ladies. When you finally achieve your goal you realize the

impact that your aesthetically pleasing physique has on you emotionally. Your self confidence goes through the roof...

...but when you achieve that goal and go through the experience of a photo shoot it takes that confidence, swagger, and feeling of total sex appeal to a whole new level.

## CONCLUSION

So there you have it. My top 7 Body Sculpting Strategies. As a subscriber to the [Metabolic Masterpiece blog](#) you will see many of my favorite body sculpting meals and exercises in action. So be on the lookout!

If you are ready to take your physique to the next level and sculpt it into an absolute work of art, you definitely need to check out [Physique Phreak](#) and the [Elite Physique System](#) today!