

Rep-Range Lactic Acid / Volume-Depletion Hybrid Combo: Day 1 – Monday

Body Parts: Chest, Back, Legs	Set #	Intensity Level	Chest	Back	Legs	Reps	Rest (Seconds)
Volume-Depletion Chest: Push-ups (choice) Back: Pull-ups (choice) Legs: Squat (choice)	1	1				10	60
	2	2				10	60
	3	2 – 3				10	60
	4	3				10	60
	5	3				10	60
	6	3 – 4				10	45
	7	4				10	45
	8	4 – 5				10	30
	9	5				10	0
	10	5				10	180
Round 1: RR-LA Chest: DB Press (choice) Back: Pull down (choice) Legs: Lunge (choice)	11	3				8	10
	12	4				12	10
	13	5				25	120
Round 2 (optional): Repeat same as above only if you have the energy	14	3				8	10
	15	4				12	10
	16	5				25	180

- See your 7 Day Diet Exercise Guide for complete details of exercise on your first week. The protocol and intensity levels have been customized to accommodate the recovery and energy aspect of Advanced Depleting.
- Column 1: Perform 10 sets of 10 reps straight in a row for the assigned body part in the first column following the exact rest protocol prescribed.
- Rest 3 minutes, pick a different exercise for same body part then move to Rep Range-Lactic Acid Finishers.
- Perform 8 reps, rest 10 seconds, perform 12 reps, rest 10 seconds, and perform 25 reps. Rest 2 minutes. If you have the energy to do so, you can repeat this cycle one more time for a total of 2 rounds per body part for RR-LA finishers.
- Repeat cycle for next assigned body part. This equals 13-16 sets per body part. Rinse and repeat for all body parts listed in each individual column.