

Rep Range-Lactic Acid: Day 12 – Friday

Body Parts: Legs, Biceps, and Triceps	Set #	Intensity Level	Round 1 Exercise 1	Round 2 Exercise 2	Round 3 Exercise 3	Reps	Rest (Seconds)
Legs: Round 1: Goblet Squat Round 2: DB Lunge (choice) Round 3: Bodyweight Squat Biceps: Round 1: Standing DB curl Round 2: Seated DB hammer curl Round 3: Standing Cable Curl Triceps: Round 1: DB overhead extensio Round 2: Bar or bench dips Round 3: Cable pushdowns Superset Finishers	1a	3				8	10
	1b	4				12	10
	1c	5				25	120
	3a	3				8	10
	3b	4				12	10
	3c	5				25	120
	4a	3				8	10
	4b	4				12	10
	4c	5				25	120
				Round 1	Round 2		
Legs: Superset leg extension with leg curl (machine or cable) rest 45 seconds, repeat round and move to Arms above	2a	4			-----	15	0
	2b	5			-----	15	45
				Round 1	Round 2		
Arms: Superset Cable Curls with Cable Pushdowns, rest 45 seconds, repeat round. End workout.	5a	4			-----	12	0
	5b	5			-----	12	45

- Perform 1a for 8 reps, rest 10 seconds and immediately drop to a lower weight with same exercise, perform 1b for 12 reps, rest 10 seconds and immediately drop to a lower weight with same exercise, perform 1c for 25 reps. Rest 2 minutes. Pick a different exercise for same body part and perform 2nd cycle (Round 2: three more sets of 8, 12, & 25). Rest 2 minutes, pick a third exercise for same body part and complete a third cycle (Round 3: three more sets of 8, 12, & 25) for 9 sets total per body part.
- After you finish 3 rounds for the assigned body part (with a different exercise for each round), rest 2 minutes and move to Superset Finisher 2a perform 15 reps, immediately move to 2b (no rest) for 15 reps, rest 45 seconds and repeat 1 more round.
- Move to 3a, 3b, and 3c rinse and repeat same as 1a, 1b, and 1c. Rest 2 min. rinse and repeat for 4a, 4b, and 4c. Rest 2 minutes and move to superset finishers for Arms 5a and 5b.
- **Superset Finishers:** Pick 2 exercises for same body part. Ex: Legs, pick one for hamstrings and one for quads. Arms - pick one for biceps and one for triceps. Perform 15 reps of the first exercise then immediately (with no rest) move to the second exercise and perform 15 reps, rest 45 seconds and repeat one more round for 2 total rounds.