

Rep Range-Lactic Acid: Day 10 - Wednesday

| Body Parts: Shoulders & Abs | Set # | Intensity Level | Round 1 Exercise 1 | Round 2 Exercise 2 | Round 3 Exercise 3 | Reps | Rest (Seconds) |
|---|-------|-----------------|--------------------|--------------------|--------------------|------|----------------|
| Shoulders: Round 1 – DB Press (choice) Round 2 – DB lateral side raise Round 3 – DB bent over lateral raise Abs: Round 1 – Pike on the ball Round 2 – Jackknife on ball Round 3 – Plank Climber (or Knee up) | 1a | 3 | | | | 8 | 10 |
| | 1b | 4 | | | | 12 | 10 |
| | 1c | 5 | | | | 25 | 120 |
| | 4a | 3 | | | | 8 | 10 |
| | 4b | 4 | | | | 12 | 10 |
| | 4c | 5 | | | | 25 | 120 |
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| | | | Round 1 | | | | |
| Superset Finishers Shoulders: Superset Machine or cable press (choice) with DB front raise, rest 45 seconds repeat below for round 2 | 2a | 4 | | ----- | ----- | 15 | 0 |
| | 2b | 5 | | ----- | ----- | 15 | 45 |
| | | | | Round 2 | | | |
| Shoulders: Superset Machine or cable press (choice) with DB front raise, move to abs above | 3a | 4 | | ----- | ----- | 12 | 0 |
| | 3b | 5 | | ----- | ----- | 12 | 45 |
| | | | | | | | Done! |

**Note: It's only necessary to perform RR-LA portion (9 sets total) for abs and skip superset finishers. Focus on reps and rest rather than resistance.

- 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 assigned body part (with a different exercise for each round), rest 2 minutes and move to Superset Finisher 2a perform 15 reps, (no rest) immediately move to 2b for 15 reps, rest 45 seconds and repeat 1 more cycle: 3a perform 12 reps, (no rest) 3b perform 12 reps. Move to abs.
- **Superset Finishers:** Pick 1 basic and 1 isolation exercise for shoulders. Ex: Basic shoulders above, use a press (any type you want), isolation shoulders above use a side raise, a front raise, or a bent over rear lateral raise. 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 4 sets total. End workout.