

Mad Scientist Lactic Acid Training

By Nick Nilsson



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Lactic Acid (i.e. Lactate) is a key substance in the body, not only for energy production, but for fat-loss and muscle-building as well.

The programs and techniques you'll find in this book are all about maximizing Lactic Acid production. I'll be straight up with you...these techniques will BURN.

They're extremely effective and a sometimes bit nuts (just how we like it!).

First, Let's Clarify Some Science...

When I use the term "Lactic Acid" (as you'll see in many places in this book), it's a bit of a misnomer. I use it because it's the phrase most people are familiar with, whereas the "real" name of the substance we're interested in is Lactate.

Lactate is a byproduct of "fuel" being burned for muscle contraction. It is actually recycled and reused as fuel for the muscles (this is known as the Krebs Cycle).

However, the production of lactate results in the release of hydrogen ions, which is actually the "acid" part of the equation. THIS is the reason for the "burn"...acidosis...not actually Lactic Acid.

This acid is believed to interfere with the action of actin and myosin in the muscle fibers (the "contractile" elements), which is what causes the eventual "chemical failure" of your muscles.

If you're interested digging deeper, here's a good a study on GH and lactate production. This one demonstrates evidence of the link between them.

Godfrey RJ, Whyte GP, Buckley J, Quinlivan R "The role of lactate in the exercise-induced human growth hormone response: evidence from McArdle disease" Br J Sports Med. 2009 Jul;43(7):521-5. Epub 2008 Jan 9.

Now let's get to the training!

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Please Note: Any exercise program contains an element of risk. Be aware that the exercises in the book may not be familiar to you and, even though every attempt has been made to ensure safe instruction, how and if you decide to execute the exercises is ultimately your responsibility. Consult your physician before taking part in any exercise program. By reading the information in this book you hereby agree to the Terms and Conditions of use, found in this book.

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Lactic Acid Training Program For Rapid Fat Loss

Lactic Acid burn is normally associated with hard training, not necessarily fat loss. But Lactic Acid can unlock the key to rapid fat loss while preserving muscle. Plus, you'll discover exactly how to train to maximize the benefits of Lactic Acid.

This is a fat loss program designed AROUND Lactic Acid Training. It's not just a small part - it IS the program.

So if you have the program and are already familiar with Lactic Acid Training, you can skip down to the bottom section where I'll be laying out the actual program to follow.

One more thing...DO NOT eat anything at least 2 to 3 hours before these workouts. Having any food in you will defeat the hormonal purpose of the workout, which is Growth Hormone secretion. GH secretion is blunted when blood sugar is higher, which happens as a result of food intake. Train on an empty stomach and you'll get better results.

How Lactic Acid Training Works:

In a nutshell, this style of training is designed to force your body to produce a lot of Lactic Acid in the target muscles and keep it there.

Research has shown that the presence of Lactic Acid can cause an increase in both growth hormone and testosterone secretion by the body. These are two of the most anabolic (muscle building) and lipolytic (fat burning) hormones in the human body!

The result? Your body is forced to build muscle while burning tremendous amounts of fat.

- *Lactic Acid Training* causes your muscles to fail due to lower cellular pH (the acid lowers pH, which is the acid-base balance in the blood. When it's gets too low, your muscles are unable to contract effectively) and not due to contractile failure (the point where your muscle fibers are too fatigued to continue). Not being able to push to contractile failure protects the muscles from excessive breakdown, which is critical to preserving muscle mass under reduced-calorie conditions, i.e. dieting.
- *Lactic Acid Training* also burns quite a lot of calories during the session itself. This is because of the very short rest periods and high volume of work. This, in turn, keeps your heart rate in an aerobic conditioning zone even during the rest, further increasing the benefits of the training.
- Increased Growth Hormone levels also increase the use of fat for energy during recovery after intense exercise. This means your body will be burning fat in order to help you recover from your training!
- As well, high-rep *Lactic Acid Training* trains the Type 1 muscle fibers (endurance-oriented), developing and multiplying the cellular energy furnaces known as *mitochondria*, which rely greatly on fats to supply energy to your cells. This means your body will become more productive at burning fat even while at rest.
- The high volume of the training you will be doing will also help to stimulate Growth Hormone production. Higher training volume has been shown to produce a better Growth Hormone response than lower-volume training.
- The high-rep qualities of the training helps to develop circulation in the muscles by increasing the number

of capillaries (tiny blood vessels) feeding the muscles. More circulation means more nutrients which means easier muscle growth down the line!

Put all these amazing benefits together and you've got one incredibly powerful training technique!

How To Do It:

The basic execution of *Lactic Acid Training* is very simple.

1. Pick one single exercise, using a weight you can get around 20 to 50 reps with.
2. Do as many reps as you can until your muscles are burning so strongly and are so flooded with lactic acid that you can't move the weight. You will probably have to drop the weight pretty quickly by this point!
3. Rest 20 seconds.
4. Now do another set with the same weight. You will probably only be able to get 8 to 10 reps with that weight, even if you just did 50 reps with it a few seconds ago. The short rest period means the lactic acid hasn't had time to fully clear and you will fail due to lactic acid build-up in the muscles rather than true muscular failure (which is what we want).
5. Rest 20 seconds then do another set.
6. Repeat this for a total of 6 to 12 sets per bodypart, depending on the program requirements and which bodypart you're working.

The number of reps you can do may drop down to 5 or even less but don't worry, rep numbers are not particularly important here. You're basically trying to churn out as much lactic acid as possible - the 20 seconds rest is not enough time for the body to clear it away but enough time to allow you to go again very soon. Quite often you'll find that after a few sets you hit a steady state where you're using the same weight and getting the same number of reps on each set.

One of the nice features of this type of training is that you can reduce your warm-up to almost nothing as the first set may be done with such light weight that it can actually serve as your warm-up.

As well, the negative or eccentric aspect of the rep (generally the lowering of the weight) need not be emphasized when doing Lactic Acid Training. Research has shown that the positive or concentric phase of the rep (when the muscle is contracting) is more productive in terms of Growth Hormone release than the negative phase.

This doesn't mean you should ignore the negative - just don't focus on it to the detriment of the positive phase of the rep. In plain English, it will be better to focus on getting more reps than on doing long, slow negatives.

You may use two exercises per bodypart but one is usually best as 20 seconds is not much time to switch between exercises. Have the next exercise set up and ready to go if you do switch. If you are doing an exercise that is done one arm or leg at a time, e.g. 1 arm pushdowns, don't take 20 seconds rest between sets, just jump back and forth between the two arms without any rest for the full number of sets you're doing. The same thing applies to legs.

Variations of Lactic Acid Training:

Though the single-exercise, straight-through technique works extremely well, here are a few variations on this theme that you may wish to try in order to break things up a little and keep variety in your workouts. Several of these techniques are incorporated into the *Training Days* in the program below.

Isolation / Compound Jump Sets

Start with a single-joint isolation movement for high reps, then do a compound movement for high reps, then jump back to the isolation movement. Keep alternating.

By switching between isolation and compound, you allow the assisting muscles a longer rest in between sets but are still working the target muscle hard. This will allow you to get more reps on the compound movement by allowing the relatively fresher assisting muscles to push the target muscle harder, flooding that muscle with more lactic acid. For example, alternate between dumbbell flies and flat barbell bench.

Pre-Exhaust Sets

The first half of your sets will be done with an isolation movement, while the second half are done with a compound movement. For example, if you are doing 12 sets total for chest, do 6 sets of cable cross-overs first then finish with 6 sets of bench press. This will fatigue the target muscle, then allow the assistance muscles in the compound movement to push the target muscle harder. It also helps spare the assistance muscles somewhat for when it is their turn to be worked.

Antagonist Training

Switch back and forth between antagonist muscles, e.g. chest and back. This will keep your weights higher than going straight through on one bodypart and allow nearly double the reps once the lactic acid starts flowing.

Isolation Only Sets

This entails doing only one or two single-joint isolation exercises in a workout, e.g. 12 sets of 1 arm pushdowns. This technique is ideal for when you are a little fatigued as it still produces lactic acid but it is a more focused burn and does not involve any assistance from other muscle groups. For example, if your triceps are burnt out from direct tricep work and you are training chest, do 12 sets of flies or cross-overs (chest exercises that do not involve the triceps) instead of bench press. If you train with presses, the quality of your chest work may suffer due to tricep fatigue.

One Rep Training

Take a weight you can do 3 or 4 reps with (90-95% of 1RM, e.g. if you can bench 300 pounds, use 275 pounds) and only do one rep with it. Rest 20 seconds. Do another rep. Continue for the desired number of sets (12 is about right).

You will be chasing the burn on this one meaning it will not be burning until the last few sets. This technique allows you to do an increased volume of training with near maximum weights. It is a great way to become accustomed to handling weights near your max and, as you move on to the last few sets, it is good practice for fighting to lift the weight yourself as it is a progressive reduction in strength. On each set you will have to fight for it just a little bit more.

This has the indirect effect of increasing your mental focus and training drive when using heavy weight. You will be more likely to try to fight to get it up rather than just bailing out.

This is also a great way to maintain your strength when you are on a reduced-calorie diet. Single reps don't last long enough to be affected greatly by low glycogen supplies.

Final Set Lactic Acid Saturation

On the last set of the workout, whatever other variation you are using, drop to an extremely light weight and do an extremely high rep set (50 plus reps) to saturate the muscles with as much lactic acid as possible. This is a very good mental

challenge to see how far you can push your body through the burn.

Notes:

- Lactic acid training is hard to do with a partner because you may end up resting too long in between sets. Twenty seconds usually isn't enough time to switch places, do a set and switch places again especially if you have to change weights in between sets.

If you work with a partner, do different exercises at the same time on different equipment. Or try this: jump sets between two exercises or bodypart, e.g. you do bench while your partner does chins, both rest 20 seconds. You move to chins, your partner moves to bench. Repeat for twelve sets of each exercise. You can challenge each other to see who can last the longest in each set when starting at the same time.

- A useful tip with *Lactic Acid Training* is to bring a water bottle around with you when you train. The rest periods are not long enough to go to a fountain to get a drink unless you are almost right beside it. If take too long getting a drink, the effectiveness of the training will be diminished considerably.
- Do not stretch between sets. The idea behind *Lactic Acid Training* is to keep the lactic acid in the area as much as possible. Stretching helps clear it out. Stretch after the bodypart is done or after the entire workout is done.

Lactic Acid For Fat Loss Training Program

Lactic Acid Training by itself is great, but to really take advantage of your body adaptive responses, I've also decided to incorporate a gradually building of training volume when doing the program. After 3 weeks of increasing the number of sets, we'll then drop back and change the focus of the Lactic Acid Training somewhat - still fat loss but with some strength stuff added in.

Here's the theory behind that, if you're interested:

[Training on the Edge - Learn How Overtraining on Purpose Can Get You Maximum Results FAST!](#)

It basically forces progress through increases in training volume, gets you to the point of overtraining, then backs off. When you back off, your body is still in high gear trying to recover from the overtraining, so you get fast results!

This program is done 4 days a week. You can also perform cardio training with the training - I'd suggest doing it on Day 1 and Day 3, after your training session. The reason for this is that you most likely won't feel like doing cardio after working the thighs with Lactic Acid Training! If you'd like to do more cardio, add it as Day 5.

When doing cardio with the weights, do it for only 10 minutes. On it's own, you can do it for up to 20 minutes, depending on the style of interval training you're doing.

Here's some info on Interval Training for cardio:

[What Do You Mean Low-Intensity Training Isn't The Best For Fat Burning?](#)

[The Insider Secrets of Interval Training - Learn How Now!](#)

Abs can be worked at the end of each training session - 3 to 5 sets each time.

When I have "Straight Through Lactic Acid Training - no special techniques" listed, it means just start with how Lactic Acid Training was first explained - 20 to 50+ reps on the first set, then rest 20 seconds, then as many reps as you can do, repeat, etc.

4 Training Days Per Week

Training Days - Monday, Tuesday, Thursday, Friday

Rest Days - Wednesday, Saturday, Sunday

WEEK 1

Rest period - always 20 seconds between sets. On Day 3 and Day 4, you will be going back and forth between isolation and compound exercises, e.g. 1 set of flyes, then 1 set of press, then 1 set of flyes, etc. for a total of 8 sets (for chest - works out to 4 sets on each exercise). When your bodypart doesn't have specific isolation or compound exercises, e.g. calves - just pick 2 different exercises and work those back and forth.

DAY 1	DAY 2	DAY 3	DAY 4
Straight Through Lactic Acid Training - no special techniques	Straight Through Lactic Acid Training - no special techniques	Isolation / Compound Jump Sets	Isolation / Compound Jump Sets
(8) Back	(6) Shoulders	(8) Back	(6) Shoulders
(8) Chest	(6) Triceps	(8) Chest	(6) Triceps
(5) Biceps	(8) Thighs	(5) Biceps	(8) Thighs
(5) Calves	(4) Hamstrings	(5) Calves	(4) Hamstrings

WEEK 2

Rest period - always 20 seconds between sets. On the Pre-Exhaust days, the first half of your sets will an isolation exercise, e.g. 5 sets of flyes. The second half will be compound, e.g. bench press.

DAY 1	DAY 2	DAY 3	DAY 4
Straight Through Lactic Acid Training - no special techniques	Straight Through Lactic Acid Training - no special techniques	Pre-Exhaust Sets	Pre-Exhaust Sets
(10) Back	(8) Shoulders	(10) Back	(8) Shoulders
(10) Chest	(8) Triceps	(10) Chest	(8) Triceps
(6) Biceps	(10) Thighs	(6) Biceps	(10) Thighs
(6) Calves	(6) Hamstrings	(6) Calves	(6) Hamstrings

WEEK 3

Rest period - always 20 seconds between sets. This is the toughest week with the highest training volume. Note the change in bodypart order on Day 3 and Day 4 - shoulders have switched days with biceps in order to pair bi's and tri's antagonistically. So do back and chest antagonistically, shoulders and calves (nothing antagonistic about either of them but it's what's left over), biceps and triceps, then thighs/quads and hamstrings. Most leg exercises like squats and leg press focus primarily on the quads and glutes, and most people have a tendency to neglect their hamstrings - this will help bring things into balance.

DAY 1	DAY 2	DAY 3	DAY 4
Straight Through Lactic Acid Training - no special techniques	Straight Through Lactic Acid Training - no special techniques	Antagonist Lactic Acid Training	Antagonist Lactic Acid Training
(12) Back	(10) Shoulders	(12) Back	(8) Biceps
(12) Chest	(8) Triceps	(12) Chest	(8) Triceps
(6) Biceps	(12) Thighs	(6) Shoulders	(10) Thighs/Quads
(6) Calves	(6) Hamstrings	(6) Calves	(10) Hamstrings

WEEKS 4, 5, 6

Rest period - always 20 seconds between sets. This week we go back to the same training volume as Week 1. On Day 3 and Day 4 here, you'll notice that I've given you an option between One Rep Sets and normal Lactic Acid Training. The reason for this is that some bodyparts/exercises don't always lend themselves to single rep efforts, e.g. calves or shoulders. You may not also feel up to maximum efforts strength-wise, in which case you can opt for the Straight Through Lactic Acid Training. Definitely be sure and give the One Rep Sets technique a try at some point, though!

DAY 1	DAY 2	DAY 3	DAY 4
Isolation Only Sets	Isolation Only Sets	One Rep Sets or Straight Through Lactic Acid Training	One Rep Sets or Straight Through Lactic Acid Training
(8) Back	(6) Shoulders	(8) Back	(6) Shoulders
(8) Chest	(6) Triceps	(8) Chest	(6) Triceps
(5) Biceps	(8) Thighs	(5) Biceps	(8) Thighs
(5) Calves	(4) Hamstrings	(5) Calves	(4) Hamstrings

Note the decrease in the number of sets you are doing and the change in focus of the Lactic Acid variations. This is the "easier" phase where your body plays catch-up with recovery. Don't back off on intensity, however. Keep pushing on all your exercises!

Keep on this phase until your results start to slow down then ramp up again with weeks 1, 2, and 3. This training strategy delivers consistent results, taking advantage of your body's natural physiological response to increased demand.

High-Rep Moderate Weight Lactic Acid Training Split

This style of training uses high-reps and moderate weight, with a FAST repping movement. The idea is to power out as many reps as you possibly can as quick as you can because, strange as it may sound, sometimes it's not the weight that limits the number of reps you can get but the TIME you're doing the reps.

For example, 10 "normal" reps of deadlifts might take the same amount of time as 20 fast, powerful reps even with the same weight!

You're only going to do 2 sets for each bodypart and the first set is the "money" set. Don't hold anything back on it and just CRANK out the reps.

I did take video but I haven't had a chance to prepare it yet. That'll be coming in the near future though.

So here's the exact training split I did on the program - 2 days on, 1 day off, 2 days on...sets reps, exercises, weights - workouts take about 40 minutes to get through. Take 90 seconds rest between sets.

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Day 1 - Upper Body

On this day, I actually did jump sets - I did the first set of deadlifts then a set of dumbbell bench then a set of deadlifts then a set of dumbbell bench, then shoulders, then I alternated biceps and triceps in the same fashion.

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Back - Deadlifts - 2 sets using 225 lbs - did 30 reps on the first set and 15 reps on the second set

Chest - Dumbbell Bench Press on the Swiss Ball - 2 sets using 85 lb dumbbells - did 25 reps on the first and 12 reps on the second set.

Shoulders - Reverse Alternating Dumbbell Shoulder Press - using 50 lb dumbbells - did one set - got 20 reps. Second set was dumbbell laterals - 25 lb dumbbells for 25 reps.

Biceps - Reverse Curls - 45 lbs - 25 reps on the first set, 10 on the second

Triceps - Pushdowns - 120 lbs on the machine - 30 reps on the first set, 12 on the second.

1 set of rotator cuff and 2 sets of abs

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Day 2 - Lower Body

On this day, I also did jump sets - switching between quads and hamstrings. Calves I did on their own.

Quads - Barbell Squats - 2 sets at 225 lbs - 20 reps on the first set, 10 reps on the second set

Quads (did a 3rd set) - leg extensions - light weight - 25 reps.

Hamstrings - Stiff Legged Deadlifts - 2 sets at 225 - 20 reps on the first set, 8 reps on the second set

Calves - Leg Press Calf Raises - 2 sets at 250 lbs - 30 reps on the first set and 20 on the second

1 set of rotator cuff and 2 sets of abs

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Day 3 - Upper Body

Chest - Decline Barbell Bench Press - 185 lbs for 30 reps on the first set and 12 reps on the second set

Back - One Arm Dumbbell Rows - 105 lb dumbbell - 40 reps on the first set, 20 on the second.

Shoulders - 1 Arm Barbell Shoulder Press (held to the side like a javelin thrower - I'll be posting this exercise pretty soon, too). 55 lbs - 10 reps on the first set and 8 on second.

Biceps - Fat Bar Barbell Curls - 55 lbs - 25 reps on the first set, 12 on the second.

Triceps - Bodyweight Tricep Extensions - 30 reps on the first set, 15 on the second.

1 set of rotator cuff and 2 sets of abs

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Day 4 - Lower Body (done today!)

Quads - Dumbbell Split Squats - 65 lb dumbbells - 25 reps on the first set, 15 reps on the second.

Quads (did a third set) - Braced Leg Squats - 25 reps

Hamstrings - Lying Leg Curls - 110 lbs - 35 reps - second set 12 reps

Calves - Seated Calf Raises - 110 lbs - 40 reps - second set 22 reps

1 set of rotator cuff and 2 sets of abs

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Conclusion:

That's pretty much the deal! You can do these workouts pretty much any time. These actually resulted in a massive pump even though I'm on a low-carb diet right now. Only 2 sets wasn't mentally daunting either. Definitely going to use this training again in the next phase.

I find they're great for building up the Lactic Acid necessary to really set off a Growth Hormone surge in the body.

You could also continue this style of program for at least 3 to 4 weeks, repeating the same exercises and attempting to better your rep count on the firsts sets of each exercise with the same weight or increasing the weight a little and trying to get the same amount of reps.

Either way, you want to to push yourself to perform better!

Lactate Tolerance Training - Chest



"Feel the Burn"...that phrase actually IS for real if you want to lose fat.

However, it's not because Lactic Acid (lactate) is actually burning fat directly or even because you're burning calories from the training itself.

We want to feel that burn because of Growth Hormone...one of the most potent fat-burning and muscle-sparing hormones your body produces. The presence of Lactic Acid (and the resulting drop in pH in your body) is a powerful stimulator of GH secretion.

When you're trying to lose fat (or build muscle without gaining fat), you want as much GH floating around in your system as you can possibly get. That GH boost is the purpose of training for Lactic Acid, and THAT is what this new training protocol is designed to maximize.

You're going to be performing what could be called Power Start Stability Drop Lactic Acid Training (though Lactic Acid Tolerance Training is what I prefer to call it).

The premise is basically to generate as much Lactic Acid as you can, then KEEP it there for a long stretch of time. In this case, 7-9+ minutes.

This requires strategy in order for your muscles to actually keep functioning with that much Lactic Acid in them. We're really going to test how much Lactic Acid your body can tolerate...and TRAIN it's ability to deal with it.

Side Note: be sure to do this training FASTED...don't eat anything within 2-3 hours before the workout, minimum. GH and insulin don't get along and elevated insulin levels will dampen the GH response we're looking for.

How To Do It

I'll use chest training as the first example here (I'll be following up later with back and legs as well).

You can do this training on one bench, with just a few sets of weights, so it could actually be done in a crowded gym, as long as you can grab a bench and a few dumbbells for about 10 minutes straight.

First, grab a moderately-heavy set of dumbbells that you can do flat bench press with for at least 15 to 20 or more reps. I'm using a pair of 75 lb dumbbells here.



Lie back and crank out as many reps as you can get with those.





And when I say "crank out," I DO mean crank out. These should be fairly fast, powerful reps with no real focus on developing tension in the muscles...just on the goal of getting lots of reps.

The idea is to generate as much Lactic Acid as you can with the moderately-heavy weight. This is the "power start" portion of the technique.

By the time you get towards the end of the set, you should be GRINDING the reps out, still trying to go fast, but not really being able to. Don't go to complete failure but get close. The goal here is to fail because of Lactic Acid build-up, not muscle fiber failure.

Set the dumbbells down then rest 20 seconds. This allows some of the Lactic Acid to be cleared from your muscles (not much) so that you can continue.

Pick up your lighter dumbbells. They should be about half the weight of the first set. I'm using a pair of 35's, which are a little less than half.

Whereas the first set was about power and cranking out reps, THIS set is completely focus on continuous tension in the pecs. DO NOT lockout and DO NOT stop moving the weight. Focus on keeping tension in the pecs throughout the exercise.

The movement itself should be a very even, deliberate tempo (equal time on the up and down phases) with no pauses at the top or bottom...almost robotic and piston-like.



As you come up, don't bring the dumbbells together at the top. Keep tension on the pecs by stopping the movement short of that point.



As you get towards the end of this set, the muscle tension should be extremely high and the Lactic Acid build-up should be almost unbearable, even though the resistance itself is small.

This continuous tension "lockdown" technique prevents a good portion of the Lactic Acid (and other waste products) from being cleared from the pecs. If you're familiar with "Occlusion Training," this is exactly the same thing, only done on the big muscles of the torso that can't be tied off.

Side note: Occlusion Training is where you tie a band or strap around your limbs near the joint (arms or legs) to slow down (occlude) return blood flow from carrying waste products out of the muscles. It's not tight enough to cut off inwards circulation...just outwards. Trapped waste products are a potent stimulator of anabolic hormones.

Perform reps until Lactic Acid shuts you down. Literally, I mean that. Perform reps until you don't have enough control over your arms to keep performing the exercise safely.

Set the weights down and rest 20 seconds then go again with the same rep style and goal (continuous tension to trap Lactic Acid in the muscles).

Set the weights down, rest 20 seconds, then repeat one more time for a total of 3 "light" sets after the 1 "power start" set.

Now comes the Stability Drop portion of our festivities...

There is a continuum of stability in different exercises...dumbbells are the least stable, then barbells then machines.

We started with the most unstable version of the bench press here on purpose.

Because after you burn out with the dumbbells, after 20 seconds rest, you're going to go immediately BACK to the "power start" style of set only with BARBELL bench press...using the exact same weight you did the first power start set with dumbbells with.

For me, this was 150 lbs on the bar (make sure you have that pre-set and ready to go).

You likely won't get as many reps as the first set, but you will get a decent amount (I think I got 11), simply because that barbell version is more stable than the dumbbell version and those stabilizing muscles (which are fatigued and swimming in Lactic Acid right now) won't be called upon as strongly.

Crank out as many reps as you can with that weight, going for power and fast reps (no bouncing off the chest).





When you're completely toasted, quickly reduce the weight by half (if you have a spotter to help, even better...if not, just go as fast as you can), then go again.



The weight is extremely light to the point of being ridiculously light if you were doing "normal" training. This is 75 lbs on the bar for me.

The weight won't be challenging but performing reps with the sheer amount of localized Lactic Acid WILL be challenging.

Again, this is continuous tension, no lockout training, so don't crank out reps...go for feel and tension, making sure you keep that Lactic Acid locked into the muscles.



Towards the end of the set, you will again feel like you're going to lose control of your limbs. That's when you rereck the bar, rest 20 seconds then do another set. Then rest 20 seconds and perform one final set.

At this point, your chest will be extremely pumped up and probably twitching to some degree.

You will have flooded your chest with Lactic Acid for a solid 7-9 minutes or more, which should give you a nice boost in GH..

...especially when you continue this training for back and for legs (coming very soon).

All you need is ONE round through this and you're done for chest.

If You Have Access to a Bench Press Machine

You can take this "stability drop" concept one more step further if you have a bench press machine you can use. Machines introduce one more level of stabilization into the mix.

After finishing your light sets of barbell bench press, perform the same method (same weight "power start" set then drop the weight by half and perform light, continuous-tension sets) on the machine.

If you DO have the machine, do just 2 sets of light training instead of 3 for each level of stability.

Lactate Tolerance Training - Back



This is the second part of the Lactate Tolerance Training workout that I posted covering the chest. This focuses on your back, using the exact same weights as you just finished using for chest ([read that one here](#)), making it a very efficient way to perform this method.

You're going to be using dumbbell and barbell rows for this exercise combination.

First, grab your moderately-heavy dumbbells (75's are what I'm using) and crank out as many "power" reps as you can with them.

Don't worry too much about feeling the back muscles contracting...just go for as many reps as you can while keeping to relatively good form.

You'll notice when I'm doing these rows, I'm keeping a somewhat upright body position (about 45 degree at the torso), not fully bent forward at the waist. This is on purpose, as I find this position allows me to get the most reps in this fashion while still maintaining enough forward lean to target the muscles of the back I want to target.

When performing dumbbell rows like this, keep your feet close together so the weights don't hit your legs.





Power out as many reps as you can...it's fine to have a little body movement here, especially as you fatigue, as long as you're getting reps without bobbing up and down completely out of control.

Once you've powered out as many as you can, set those down, rest 20 seconds, then grab the light ones that are about half the weight (I'm using 35's).

When doing these, these reps should be more strict. Focus on squeezing the muscles of the back and keeping continuous tension on...don't fully extend the arms at the bottom. Visualize your arms like a bicycle pump, gradually pumping more and more air into your back.





Repeat sets with this weight for 2 more sets (20 seconds rest in between).

You should your barbell preset and ready to go for the Stability Drop...same weight as the dumbbells were.

Take an underhand grip on the bar and perform the "power" rows.

Again, you'll notice the more upright stance here...if I was doing overhand, wide-grip rows (like Pendlay Rows), I would be leaning over quite a bit more to target the muscles of the upper back. This position is better for hitting the lats.





Crank out as many reps as you can, then set the bar down. If you only have the one bar, reduce the weight by half. If you have two bars available, you can pre-set the lighter weight on the other bar so you don't have to change weights (I do have two bars but wanted to demonstrate the procedure for just one bar).



Perform continuous-tension reps with the lighter weight, getting as many as you can with tight form, squeezing the muscles of your back **HARD** at the top of each reps and never going to full extension at the bottom.



When you've hit as many you can, set the weight down and rest 20 seconds. Perform two more sets like this, with 20 seconds rest in between.

Then you're done with back!

For One More Level of Stability

If you want to add in a back machine to add a third level of Stability Drop (as I told you about with the bench press machine), I would suggest using a T-Bar row or another lever-based rowing machine. Anything that stabilizes the load more than a barbell will work.

Again, if you go for this, only perform 2 sets of the "light" work for each drop.

Lactate Tolerance Training - Legs



This picks up right where we left off with the Lactate Tolerance Training for your back and chest. I would recommend performing all three of these in the same workout for a complete "lactate blast," so to speak.

Start with chest, then back, then legs. That order is important because honestly, once you finish this for legs, you will be DONE and will have a hard time walking.

The methodology is exactly the same as we did for [Lactate Tolerance Training for Chest](#) and [Lactate Tolerance Training for Back](#). Review those to get the full picture on why we're doing this training and how it's done.

Essentially, the idea is to generate as much lactate as possible (a.k.a. lactic acid), which results in a substantial Growth Hormone spike in the body. GH is beneficial for fat burning and maintaining muscle mass while dieting.

The exact method is what I call "Power Start Stability Drop Lactic Acid Training" because of the main goal (lactate production) and the means by which you extend the lactate production (moving from less stable exercises to more stable exercises as your stabilizers fatigue).

And yes, this framework can absolutely be applied to just about any other muscle group. For shoulders (as an example), you could do dumbbell shoulder press, barbell military press and machine shoulder press. For biceps, you could do dumbbell curls and barbell curls (and machine curls, if you have a machine).

It's really very simple...all you need to remember is go from least stable to most stable with each change/drop.

Let's Get to Trashing Your Legs...

Your first exercise is a dumbbell squat. The way we're going to do this one is by holding a dumbbell vertically between your legs, not at your sides. I find this helps keep the focus on the quads and not the lower back (which can happen with the dumbbells at the sides...it turns into a dumbbell deadlift).

I'm using a 125 lb dumbbell for this.

Grip under the top set of plates and CRANK out the reps as fast as you can. We're looking for a powerful movement with no real focus on the negative portion of the rep. This is going to generate the most lactate.



As you come down to the bottom position, your elbows will bend and your forearms will be resting somewhat on your thighs. This is totally fine as the load is still being placed on your quads. It's necessary to keep the dumbbell from hitting the ground, which would release the tension (which is what is most important to avoid).



When you've done as many as you can and the burn has shut you down, rest 20 seconds and grab a weight that's about half of the first one. I'm using a 65 lb dumbbell.

The key with this next set is to keep continuous tension on the quads by not coming up all the way to full lockout and keeping a slower, steadier pace, focusing on form.



Do as many reps as you can before the burn shuts you down. Rest 20 seconds then repeat one more time.

Here's where this round for legs differs a bit...I do have a squat machine, so I'm going to add that in as another Stability Drop. If you do a third "machine drop" like this, only do 2 sets of the light weight instead of 3. If you're just going from dumbbells to barbell squats, stick with 3 light sets.

Your next exercise is barbell squats. I've got 135 lbs loaded on the bar. Keep in mind, this training is not about impressing anybody with how much weight you have on the bar. It's about chasing the burn. And believe me, even with a relatively light "warm up" weight like this, it will BURN.

Use a fast pace for this set, cranking out reps without worrying about the negative.



When you're finished the power set, remove half the weight (I'm dropping to 70 lbs on the bar, which is extremely light).



Now perform continuous tension, 3/4 squats (the bottom 3/4) with that weight, using a steady pace and no lockout.





Do as many reps as you can, the rest 20 seconds, then repeat once more.

Now we go to the last Stability Drop...machine squats.

I've got 2 plates loaded on the machine, which with it's leverage is roughly equivalent to about 140 lbs or so. If you're going to use a machine like this, try to test it beforehand to get an idea of what weight feels similar to the barbell squat weight.

Using the machine is going to allow to focus on just PUSHING, without worrying balancing any bar, dumbbell or your body.

You've accumulated a lot of lactate already, so I can promise you this will be BRUTAL.





Get as many powerful reps as you can here then remove about half the weight (I just took a plate off each side), rest 20 seconds then go again.



Again, for the light sets, these are steady-pace, continuous-tension, non-lockout reps. The continuous tension prevents lactate from getting cleared from the legs.



When you've done as many reps as you can, then rest 20 seconds. Then repeat one more time and PUSH yourself to get as many reps as you can possibly get.

This is a machine and you don't have to worry about getting stuck under a weight so dig deep here.

This is likely what you will look like at the end of the set...if you're able to walk normally right away, then you didn't push yourself hard enough.



--

Overall, this training method makes for a KILLER fat-loss workout.

Put all three of these together (chest, back and legs) and you've got all the big muscles groups covered for maximum lactate production. You could follow up with a second day focusing on just the smaller parts (shoulders, biceps, triceps, calves) as well.

Full-Body Lactic Acid Non-Stop Circuit



If you have stubborn fat you want to get rid of, you **NEED** to focus on Lactic Acid Training (in addition to diet, of course!).

Lactic Acid (i.e. the "burn"...the byproduct itself is actually more accurately described as "Lactate," though I'll stick with Lactic Acid as the term is more familiar) is extremely powerful for fat loss for one **MAJOR** reason...Lactic Acid build-up in the muscles causes a release of Growth Hormone in your body.

And Growth Hormone is one of the primary "keys" for unlocking stubborn fat, while at the same time preserving muscle tissue.

It's literally a "secret weapon" for fat loss.

The problem is this...

Food.

You see, in order for Lactic Acid to kick out maximum Growth Hormone, you need to train in a **FASTED** state...and that means no food for at least 4 hours before training. Any sort of pre-workout meal (especially carbs, which cause a release in GH's arch-enemy insulin), will blunt the release of GH.

Now, this particular circuit is going to focus on **VERY** high rep non-stop training for every major muscle group in your body, covered in 3 exercises.

This circuit is extremely useful for a number of reasons...

1. There is very little equipment required...all you need is an empty bar and a bench (though the bench is actually optional). This makes it perfect for training in a crowded gym or at home.
2. It doesn't load the spine with a lot of weight, making it very effective for training days when you're feeling a little beaten up and not recovered enough to handle heavy loading yet you still want to/need to get in a workout.
3. There is **NO** wasted time, so your training efficiency is through the roof. Literally, you will get **ZERO** rest for your entire workout. You're just shifting the focus around to different areas of your body all the way through, which allows you to keep going continuously.

How To Do It

There is nothing crazy about the three exercises you're going to be doing...flat barbell bench press, barbell rows and barbell squats. These are all normal and straightforward.

The "crazy" part is, you will NOT get any rest and you will NOT let go of the bar until you're done.

I recommend doing these as a block of time, e.g. 10 minutes, 15 minutes, 20 minutes. I went with a 20 minute block and I found it to be perfect for me.

You're going to be doing as many reps as you can on every set of every exercise until Lactic Acid build-up shuts you down...and you're going to repeat the cycle of exercises for the full time block until it's done.

Exercise #1 - Flat Barbell Bench Press

Because it's such a light weight, you don't need a full bench press station or rack for it. If you can't get at least 40 to 50 reps with the empty Olympic bar on the first set, use an EZ bar (or other lighter straight bar) instead.

Just pick it up, lie back on the bench and go to town. **DO NOT** use spastic, bouncy reps. You want to keep the bar under control so that you're generating the Lactic Acid. We're not looking for any noticeable "negative" component to the exercise...that part doesn't generate Lactic Acid.





Basically, you want to crank out reps until you can't crank out anymore.

Exercise #2 - Barbell Bent-Over Rows - Overhand Grip

Keep your hands exactly where they are on the bar, sit up on the bench, the stand up and get directly into the bent-over row position.



Then have at it.



Keep an arch in your lower back and focus on pulling the bar up with the muscles of your upper back. Don't bounce your body up and down...the weight is light enough that your form should stay tight.

When you can't do any more reps, stand up straight, then hang clean and press the bar overhead and set it on your upper back.



And then go to...

Exercise #3 - Barbell Squats

This is just a normal squat...down and up. Be sure to control your descent...not necessarily slow enough to be a "negative", but controlled enough that you're not bouncing out of the bottom and giving your knees problems.



Crank out as many reps as you can then IMMEDIATELY press the bar up over your head and lie back down on the bench and repeat the cycle.

On that last rep, use the squat to push-press the bar up and over your head...it's light enough that this shouldn't be an issue to do.

Do This for 10, 15 or 20 Minutes NON-STOP...

Training non-stop like this is what makes this circuit so effective.

You will be performing continuous work through the entire block. It's light enough that you'll still be

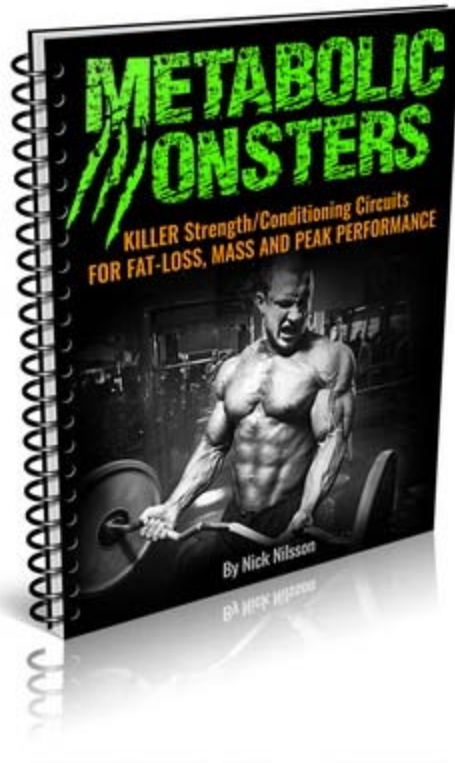
able to get plenty of reps without seriously compromising your overall nervous system recovery.

The exercises use antagonistic loading (chest and back) as well as upper body/lower body loading to constantly shift the workload to another area when one area gets fatigued.

It generates a TON of Lactic Acid to help with accessing of stubborn fat, with the assistance of Growth Hormone.

And in a very weird sort of way, it's both challenging and easy at the same!

Want more circuits like this? Check out my book [Metabolic Monsters](#).



Top Down Lactic Acid Circuit



In this circuit, you're going to be hitting every major muscle group in your body, working from the top down, generating as much Lactic Acid as you possibly can all the way through.

Lactic Acid (i.e. lactate) is a critical factor in fat-loss, especially for losing stubborn fat. It's a key stimulator of Growth Hormone production, which is itself one of THE most important hormones you've got for accessing that stubborn fat.

For this circuit, all you need is a single barbell. This circuit can also be described as a "complex" because you won't be taking your hands off the bar for the entire circuit (which is murder on the grip, too). I'm using 95 lbs on the bar.

Your first exercise is the Barbell Hang Clean and Press, and it'll determine how much weight you're going to use for the entire circuit. You want to select a weight you can get at least 12 to 15 reps with for that exercise. Every other exercise you do after that is going to be a stronger exercise that you should have no problem using that same weight for.

The next exercises will be the Barbell Row, the On-Barbell Push-Up, Stiff-Legged Deadlift, Bar-In-Front Lunges then Standing Calf Raises. Each exercise should be taken to the point where Lactate build-up shuts you down.







Perform as many reps as you can with this exercise (stay short of failure, but really go for the burn). Then go immediately into barbell rows.



Once you've hit as many as you can with that, set the bar on the ground and do push-ups on top of the bar. As you can see, not only are we working our way down the body, we're working antagonistic muscle groups as we go, too.



When you've repped out on push-ups, stand up and begin doing Stiff-Legged Deadlifts.



When you can't do any more of these, go directly into Bar-in-Front Lunges.

You may not have seen this one before, but it's easy to do. Just keep the bar in front of you during the lunge. At the bottom, it will rest on your thigh (giving your grip a brief rest). This actually matches the strength curve of the exercise very effectively (easier at the bottom, harder as you come up to the top where the leverage is better).



Stand up then step forward with the other leg.



Then finally, finish with a set of Standing Calf Raises (bar in front again). These will only have about half the range of motion, since you're doing them standing on the floor. These aren't going to develop monster calves...they're here to squeeze just a little bit more out of you before you finish.

And honestly, by the time you get to this point, your grip will be about shot and you will be almost ready to collapse.

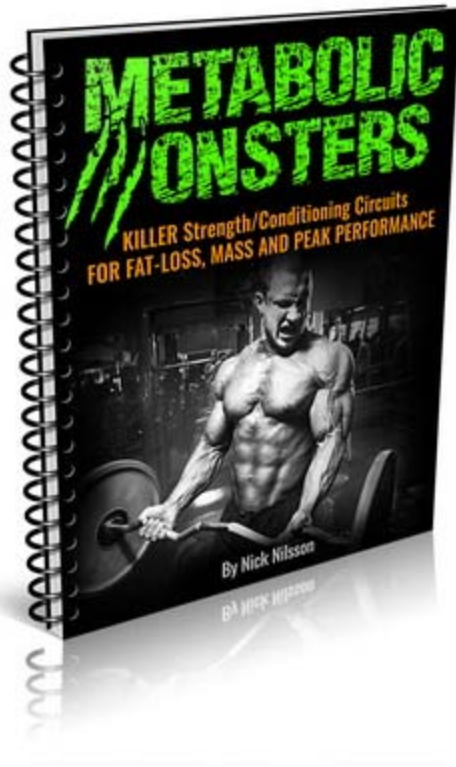


Set the bar down. You're done.

Take 3 minutes rest, then go again, doing a total of 3-5 rounds of this circuit.

One of the biggest advantages of this circuit is how quick and easy it is to set up. It only requires one barbell to work every major muscle group in your body...perfect when you're crunched for time or training in a crowded gym.

Want more circuits like this? Check out my book [Metabolic Monsters](#).



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No-Rest Lactic Acid Supersetting



To really fire up your fat-burning furnace, you need a workout that addresses not only calories burned **DURING** the workout itself, but also calories burned **AFTER** the workout. But it doesn't end there...to **REALLY** maximize your results, you need to also address your body's **HORMONAL** response to training.

When you put all these factors together, you can **SERIOUSLY** increase the fat-burning drive you generate with each and every workout.

Let's look at the factors one at a time:

1. Calories burned **DURING** the workout

Every time you exercise, you burn calories. Makes sense! The amount of calories you burn depends on the specific exercise you're doing, how intense it is and how long you do it for. I won't spend much time on this one as pretty much everybody knows instinctively that the harder and longer you work, the more calories you burn.

2. Calories burned **AFTER** the workout

Here's where it gets interesting...the more intense the exercise you perform, the more your overall metabolism is boosted and the more calories your body will burn **AFTER** the workout as it strives to recover from the training.

The practical result is this...if you do long, slow cardio training for your fat loss, you will burn calories during the workout, but your metabolism will go back to its normal rate very soon after. If you increase the pace (e.g. through interval training), you create a **MUCH** greater demand on your body and your metabolism is jacked up long after your workout is done - this can be for up to 24 hours after!

When it comes to fat loss, intensity is the key, not your resistance to boredom during repetitive movement.

3. Your **HORMONAL** response to training

Here's the one most people don't know about. When you exercise, whether it be for fat loss or any

other purpose, your body secretes hormones in response to the training. The big one that we want to key in on for fat loss is Growth Hormone.

Without delving too much into the science of Growth Hormone (GH for short), it's enough to know that one of the primary functions of GH is to send a signal to your body to burn fat for fuel (it's also involved in many other functions, including muscle building, immune system function and connective tissue repair).

So how do we maximize the release of natural GH in the body from training? Lactic Acid.

Lactic Acid is one of the key "ingredients" that we want the body to produce in order to maximize the release of GH. When the body detects large amounts of Lactic Acid in the blood stream (it determines this by tracking the acidity of your blood), GH is secreted in response.

In a nutshell, the greater the burn, the greater the GH release.

So how do we maximize ALL THREE aspects of fat loss that I mentioned above? We will do it through a training technique I call "No-Rest Lactic Acid Supersetting."

We are going to combine several techniques that are extremely effective for maximizing the production of Lactic Acid in the body. I'll tell you up front, this training WON'T be easy (if you find it easy, you're not working hard enough!) but it's VERY effective.

The first part of the equation is high-rep training. There is NO doubt that high reps will produce Lactic Acid. The bonus with high-rep training is that it also helps improve the capillirization of the muscles. In English, this means it helps improve the blood supply to the muscles by increasing the amount of tiny blood vessels (capillaries) in the muscles. One of the reasons muscles don't grow? Poor blood supply. So high-reps can not only produce Lactic Acid, they can even improve the growth potential of a muscle!

The next part of the equation is Supersetting. Supersets involve moving from one exercise directly into another exercise, with no rest inbetween the two exercises. This is a great way to increase the burn from Lactic Acid. The specific type of Supersets we'll be using with this training technique are "Antagonistic Supersets." This means we'll be working two opposing bodyparts at a time, e.g. back and chest or biceps and triceps.

The final part of the equation is that we're not only NOT going to take any rest between the two Superset exercises, we're actually not going to take ANY REST AT ALL (except when we move to a different Superset combination).

The body clears out Lactic Acid when it gets a chance to rest. By removing complete rest from the equation, we're going to dramatically ramp up the production of Lactic Acid in your body and, as a result, ideally dramatically ramp up the production of Growth Hormone in response.

All this, in turn, will lead to increased fat loss by increasing Growth Hormone and burning LOTS of calories during the workout AND after the workout, because of the high intensity level.

A quick note about Growth Hormone: there are plenty of websites and magazines that will try to sell you HGH pills to increase your GH levels. While some nutritional supplements can be moderately effective at boosting GH levels (glutamine is one), the vast majority of these HGH ads are scams and

should be avoided. Your body, with proper training, can produce ample amounts on its own.

How To Do No-Rest Lactic Acid Supersetting:

I will use chest and back as the example bodyparts for this training program. We will be switching between dumbbell presses on the ball and standing dumbbell rows (using two dumbbells in bent-over row position). I find this to be a good combination because you can use the same dumbbells for both exercises and perform them in the very same spot.

The key with this training technique is speed, not only during the sets but switching between exercises.

First, select a pair of dumbbells that you know you can get at least 20 reps with on the dumbbell press. For this technique, 20 reps is going to be the **MINIMUM** number of reps we want to hit on the first set of dumbbell presses.

Get into position on the ball and begin pressing the dumbbells. Keep a fairly quick tempo on the presses using a powerful movement, not worrying about squeezing the muscles or getting any slow negatives (the lowering phase of the movement). It should be a fast, powerful movement to get as many reps as you can.

Big note here...**DO NOT** sacrifice form for speed. If you're flailing the dumbbells around, you're going to hurt yourself. While the movement is fast, it should be **UNDER CONTROL** at all times.

Do as many reps as you can until the Lactic Acid burn forces you to stop. The last reps will see you moving a **LOT** slower than you started but keep going until the burn stops you.



Now set the dumbbells down and **IMMEDIATELY** get into position for the two dumbbell rows. The two dumbbell row is performed exactly like a bent-over barbell but using two dumbbells instead (the link will also include demo pictures on how to perform both of these exercises).

Begin rowing with the same quick tempo. Be **VERY** careful that you're not bobbing up and down excessively as you do this exercise. It's fine to have a little movement - it's natural as the weight comes up and down. But you should do your best to keep your lower back arched, your abs tight and your torso as still as possible.



Again, perform as many reps as you can until the burn stops you and you have to set the weights down.

Now IMMEDIATELY put all thoughts of rest aside! Grab those dumbbells, get back on the ball and starting cranking out more dumbbell presses!

Your reps will most likely drop fairly significantly on this second round through due to muscle fatigue and Lactic Acid accumulation. Get as many reps as you can, though. Personally, I may start my first set with 30 to 40 reps and get 8 to 10 on the second set.

Finish the pressing reps then go right back to the dumbbell rows for as many reps as you can. Keep going back and forth between exercises until you've done the prescribed number of sets for each bodypart (see below for recommendations).

Be sure to push yourself on those sets! Make sure you stop because of the Lactic Acid burn and not because you've counted enough reps and you've lost track.

In order to keep file size to a somewhat reasonable level for these videos, I've only demonstrated the first two and a half sets of this technique - 1 bench press on the ball, 1 dumbbell row then back to the first few reps of bench press on the ball on the next set. When you're actually performing the technique, keep going in the back-and-forth fashion until you've done all your sets. No rest in between!

Also, in order to keep time down, I didn't push to complete Lactic Acid-induced failure on these sets. When you do your sets, **the last few reps should be a slow grind**, fighting the burn to complete the reps.

As for number of sets, here are my recommendations...

If you're going to do your entire body in one workout use the following set guidelines:

Back and chest - 6 sets each

Quadriceps and Hamstrings - 6 sets each

Shoulders and Calves - 3 sets each

Biceps and Triceps - 3 sets each

The reason shoulders and calves are paired together is that neither muscle group really has an antagonist to it.

If you're going to split up your workouts, I would suggest picking two of the combinations (whichever

combos you like to do together) and use the following set guidelines:

Back and chest - 8 sets each

Quadriceps and Hamstrings - 10 sets each

Shoulders and Calves - 5 sets each

Biceps and Triceps - 5 sets each

This means if you want to do back, chest, biceps, triceps, do 8 sets each of back and chest then 5 sets each of biceps and triceps.

Take 1 minute rest in between bodypart combinations or judge it by the time it takes for you to set up the next two exercises.

Perform this training program three times a week, e.g. Monday, Wednesday, Friday if you're doing total body workouts. If you're splitting your body up, do Monday, Tuesday, Thursday, Friday.

Follow this training technique for 3 weeks and then check the mirror!

A small note about Growth Hormone:

DO NOT eat anything before training when you're doing this program. It's best to perform this training on an empty stomach. The reason for this is that GH secretion is reduced by both elevated blood sugar levels and/or elevated insulin levels in the body. When you eat something (specifically carbohydrates), your blood sugar will rise and insulin will be secreted as a result. Insulin is a storage hormone and works directly against GH.

AFTER training, it's a whole different ballgame. You CAN take in carbs and it won't affect the post-workout fat-burning process. Because of the tremendous demands on the recovery systems from a hard workout, your body will continue to use stored fat to fuel the recovery process even when you take in carbs.

So be sure to take in some good post-workout nutrition in the form of liquid protein and carbs. It'll help speed recovery and keep your body from eating up its own muscle tissue.

Conclusion:

If you're looking for a shock to your body to kick-start your fat loss, give this program a try. It'll place tremendous demands on your body and put your fat loss into high gear!

High/Low Lactic Acid Training



When you think "fat loss" and think "strength" in the same thought, chances are you're thinking "I'm going to lose strength when I train for fat loss."

And, in most cases, you'd be right!

Most fat-loss training program aren't designed with strength in mind...the two goals are often thought of as mutually exclusive.

But they don't have to be...

With this High/Low Lactic Acid Training technique, you can actually train for fat loss while training for strength at the same time. The key lies in the weights and rep ranges.

Basically, you're going to be going back and forth between high-rep sets with light weight and low-rep sets with heavy weight. You're going to be using the SAME exercise for BOTH types of sets and you're only going to be taking 20 seconds rest in between sets...pretty much just enough time to set the weight down, take a few breaths then pick up the other weight!

This style of "short-rest" training is EXCELLENT for fat loss. The high reps are going to cause your body to kick out a TON of lactic acid.

This is exactly what we want, because lactic acid production decreases pH levels in your body. Your body reacts to this acidity by secreting Growth Hormone, which is a very powerful fat-loss and muscle-building hormone.

Honestly, if you're trying to lose fat while keeping muscle mass, it's your "secret weapon" hormone and you should do everything you can to maximize it in your body. This includes Lactic Acid-style training like this, done on an empty stomach.

The other benefit of this style of training (especially using the heavy weights) is the overall impact on your metabolism you get from carrying more muscle. The more muscle you've got, the faster you'll lose fat...simple as that.

This type of training maximizes not only the lactic acid/GH effect but also the benefits of heavy resistance in terms of keeping muscle and strength while losing fat...pretty much "use it or lose it!"

I'll use dumbbell bench press as the example (I've got pictures and video of the technique using that exercise).

How to do High/Low Lactic Acid Training:

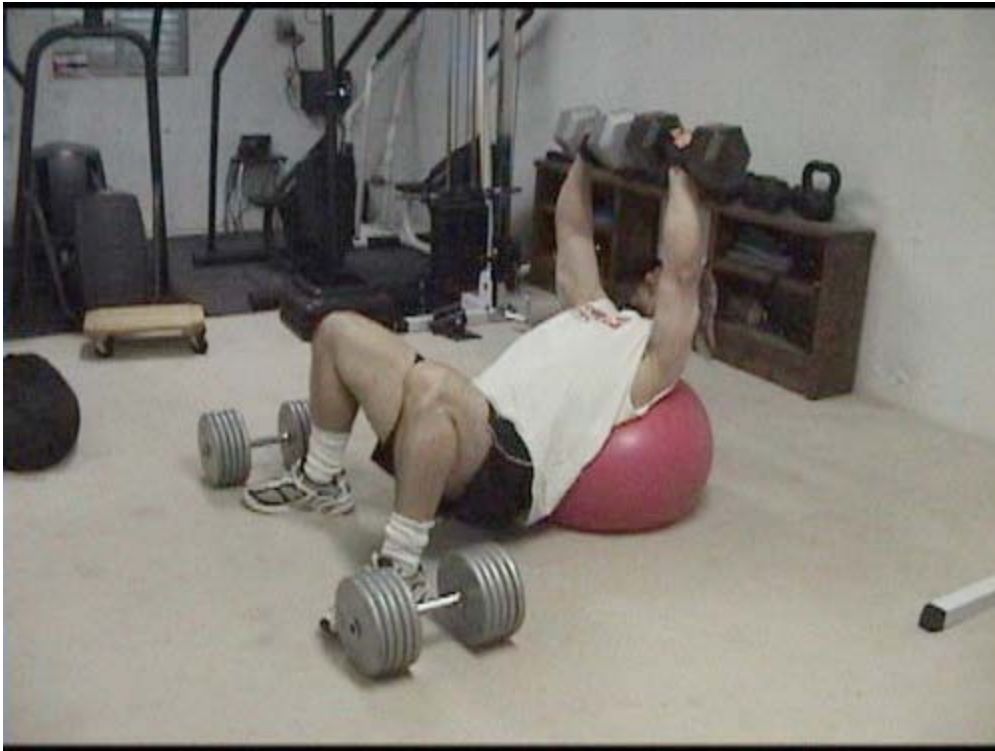
First, get yourself two sets of dumbbells and a bench (or Swiss ball, which I prefer for dumbbell bench press).

The first set of dumbbells should be light to moderate weight...something you could get at least 20 to 30+ reps with on the first set. Set those down in front of the bench...you'll be using those first.

Now bring over your second set of dumbbells. They should be fairly heavy...something you could normally get only about 6 to 8 reps with.



Get into position on the bench with your light dumbbells and crank out as many reps as you can with them. The idea here is to push yourself until the burn from Lactic Acid forces you to stop the set. I'm using 50 lb dumbbells for the light weight.



Put those dumbbells down and rest 20 seconds. It'll be easier to track this if you've got a timer. I use and recommend the Gym Boss timer - <http://www.fitstep.com/goto/gym-boss.htm> This thing is compact, easy to read and works PERFECT for timing rest in the gym. You can also keep track on a wall clock with a second hand or you can count at a moderate pace to 12.

The reason I say count to 12 and not 20 is that it this will account for any slow counting and/or lag time in picking up or setting down weights. If you count to 20, you'll be resting too long - 12 is about right.

Now pick up your heavy dumbbells. You're going to do a set of between 1 to 3 reps with these. I'm

using 105 lb dumbbells for the heavy sets.



Your body will still have the lactic acid floating around (though some will have been removed in just those 20 seconds), but because the set is so short, lactic acid won't be a limiting factor...muscular strength will.

And while the light set worked your slow-twitch muscle fibers (more geared toward endurance), the heavy set is going to work your power-oriented fast-twitch fibers.

AND...the rapid switch between energy systems is going to create a greater demand in your body,

which will kick up your metabolism even more.

Go back and forth between heavy sets and light sets until you've done the prescribed number of sets for that bodypart (see below for sample workouts). Then move on to the next exercise!

Your body is in for a whole new experience with this style of training!

Sample High/Low Lactic Acid Training Workouts

Feel free to use whatever exercises you like with this technique. Remember, you're going to use the SAME exercise for the heavy and light sets.

Day 1

Chest - dumbbell bench press - 8 sets total (4 with light dumbbells and 4 sets with heavy dumbbells)

Back - seated cable rows, barbell rows or Pulldowns - 8 sets total (4/4 as with chest)

Biceps - dumbbell or barbell curls - 6 sets total (3/3)

Calves - seated or standing calf raises - 6 sets total (3/3)

Day 2

Shoulders - Dumbbell Shoulder Press or Military Press - 6 sets total

Triceps - Close Grip Bench Press, Pushdowns or Lying Extensions - 6 sets total

Thighs - Dumbbell Splits Squats or Squats (to do this in one rack, set the heavy barbell in the "regular" start position and set the light barbell on the safety rails, towards the back of the rack and do "bottom start" squats where you start with the barbell in the bottom position.

Hamstrings - Stiff-Legged Deadlifts or Lying Leg Curls - 4 sets total

Day 3 - OFF

Day 4 & 5 - Repeat Day 1 & 2 but with different exercises.

"Big" Exercise Lactic Acid Circuit



If you want to burn fat, do Lactic Acid Training...simple as that.

Lactic Acid Training is essentially what it sounds like...training for the purpose of cranking up as much Lactic Acid production in your body as possible.

And WHY you want to do it is simple...when the body produces a lot of Lactic Acid, this signals the body to secrete Growth Hormone in response. And Growth Hormone is one of the most potent fat-burning hormones you've got...in addition to helping spare muscle tissue!

So yep, you want to do everything you can to increase GH production.

This style of training is best done on an empty stomach. You want to ideally be in a fasted state when you use this and especially have not had any carbs for quite a few hours. In fact, this style of training works absolutely best when on a low-carb diet.

When you eat carbs, your blood sugar goes up and your insulin levels rise to deal with it. GH and insulin don't get along...when insulin is present, GH secretion is blunted and you won't get the same benefits out of this training.

How To Do It:

Pick three exercises...a deadlift (any variation), a press (any variation) and a squat (any variation).

I used a conventional straight bar deadlift (225 lbs). Basically a hip and lower-back dominant movement is what we're looking for here. I also used a dumbbell bench press (65 lb dumbbells) and a one-arm gripping dumbbell squat (65 lb dumbbell). With this exercise, you hold onto the dumbbell with one hand and hold something solid with the other, allowing you stay more upright and shift focus to the quads instead of the glutes.

These three movement patterns are going to hit the big "hot spots" of the body. We want to work the most muscle mass here to build up maximum lactic acid.

Have all three of your exercises set up and ready to go right next to each other because you're going to get ZERO rest on each round through. This is HIGH REP Lactic Acid Circuit Training.

Step up to the deadlift and crank out as many reps as you can until Lactic Acid shuts you down. Aim for at least 20+ reps on each set of this first round (you're going to do multiple rounds). The first round is what really sets the stage so push it hard to build up as much Lactate as possible.



When you can't do any more deadlifts, set the bar down and **IMMEDIATELY** go straight to the press. Do as many reps as you can with the press.



Because you're using a completely different set of muscles, you'll be able to get a good number of reps here, even though you just crushed your posterior chain on deadlifts.

Push the press to the point where lactic acid shuts you down again.

Then go **STRAIGHT** to the squat variation. In my case, One-Arm Gripping Dumbbell Squats. This one is the perfect exercise for this circuit because there's no tension on the back...it's all legs...and you can push until you basically fall on the ground.



Switch the side you're holding the dumbbell every 4 or 5 reps, to keep the loading balanced.



At this point, you should feel like you're about to lose control of several major bodily functions. Your limbs should be Jello.

Take 1 minute rest and do it again.

Yeah, seriously.

Repeat the three exercise cycle...deadlift, press, squat with NO rest in between those exercises (and yes, exercise order is VERY important here - they're in that order for a reason).

Now, you're not going to get as many reps because you will obviously have incomplete Lactic Acid clearance (probably about half the reps). Just fight for as many reps as you can until Lactic Acid shuts

you down again.

When you're done with the second round, take TWO minutes rest and do it again. Same weight, same exercises, same order.

After the next round, take THREE minutes rest.

Then the next round, FOUR minutes rest.

Then before the final round, you get FIVE minutes rest...this means you'll be doing SIX total rounds in the workout.

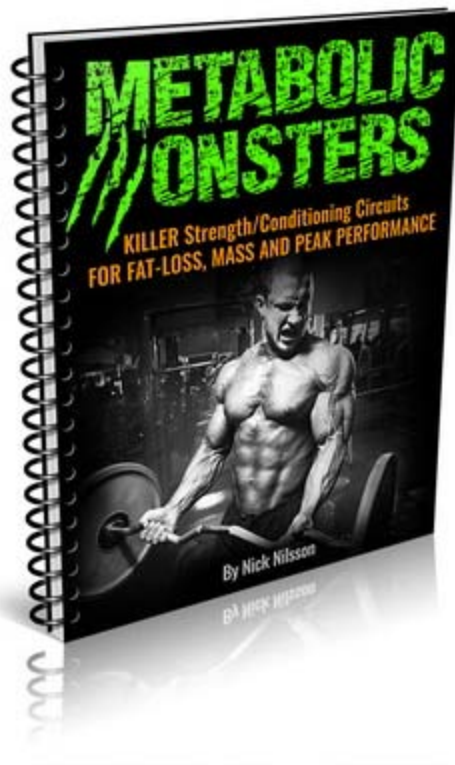
And while 5 minutes SOUNDS like a long time, believe me, when you start the final set, it will feel like you had no rest at all.

This workout format does what's called "front loading" the training volume. This means you do more work towards the beginning, when you're fresher and stronger, then as you fatigue, you extend the rest periods so you can keep going at a reasonable volume.

And let me tell you, it's BRUTAL.

It's very simple training (which is what I like about it) and extremely effective! This will crank up Lactic Acid production in your body, which will crank up GH secretion, which help you get LEAN without losing muscle mass.

Want more circuits like this? Check out my book [Metabolic Monsters](#).



"Little" Exercise Lactic Acid Circuit



Lactic Acid Training is IDEAL for burning fat.

And it's essentially what it sounds like...training for the purpose of producing as much Lactic Acid in your body as possible.

And WHY you want to do it is simple...when the body produces a lot of Lactic Acid, this signals the body to secrete Growth Hormone in response. And Growth Hormone is one of the most potent fat-burning hormones you've got...in addition to helping spare muscle tissue!

That's why you want to do everything you can to increase GH production.

This style of training is best done on an empty stomach. You want to be in a fasted state when you use this and especially have not had any carbs for quite a few hours. In fact, this style of training works best when on a low-carb diet.

When you eat carbs, your blood sugar goes up and your insulin levels rise to deal with it. GH and insulin don't get along...when insulin is present, GH secretion is blunted and you won't get the same benefits out of this training.

How To Do The "Little" Exercise Lactic Acid Circuit:

You're going to do three exercises in a row, targeting shoulders, biceps and triceps. And you'll take NO rest in between sets of each exercise until you've completed all three exercises.

We'll start with a variation of the shoulder press.

It's important to start with shoulders first. Because the triceps are involved with shoulder pressing, if you start with triceps, you'll fatigue them and compromise the reps you get for shoulders. Biceps have to be set in between the two for this reason as well, which means finishing with the triceps is only logical.

Select a weight you can get at least 20+ reps with on each exercise. You'll be aiming for this mark on the first round through (out of 6 rounds total).

Perform your reps of the shoulder press...push until Lactic Acid burn shuts you down.



Then immediately switch to a curl variation. I'm using the same barbell and going straight to standing barbell curls.



When you've hit as many reps as you can of that, switch to the tricep exercise variation.

For this, I'm using an In-Set Superset of dumbbell lying tricep extensions and neutral-grip close grip dumbbell presses. This combo is very simple and very effective...just alternate reps of the two exercises. They share a common start position so the switching between the two is very easy to do and very natural. It will blow up your triceps like crazy.

Do one rep of the extension.



Then one rep of the press.



Then repeat, alternating reps back and forth of the two exercises until you can't do any more reps. Because the press is the stronger of the two exercises, if you get to the point where you can't do any more extensions, try and rep out on just the presses to really build up the Lactic Acid levels in your body.

That's the first round.

Now rest 1 minute and do it again.

On the second round, your reps will drop by about half, which is totally fine. We're looking for the

overall accumulation of Lactic Acid in the body and aren't really concerned about reps at this point. You'll have incomplete recovery basically throughout this entire workout, even as the rest periods get longer.

When you've finished the second round, take 2 minutes rest.

Then after the third round, take 3 minutes rest...then 4 minutes, then 5 minutes, then you do your final round (you'll be doing SIX total rounds of this circuit).

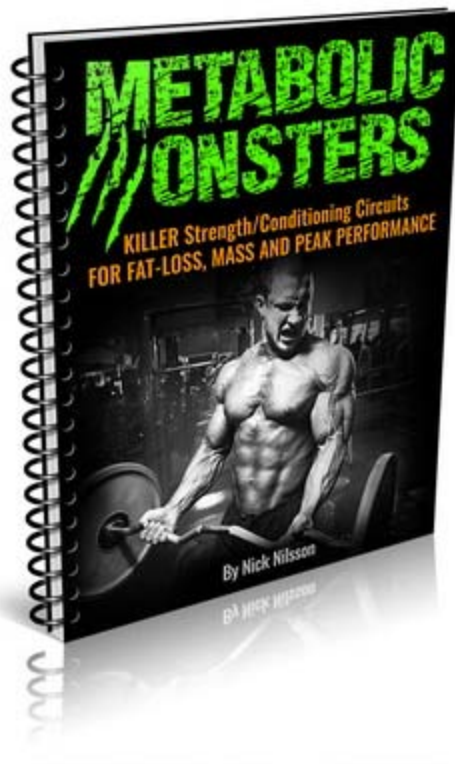
And yes, when you start getting into 4 and 5 minutes rest, it will feel like an eternity. What this does is allow for a bit more recovery, which in turn allows you to get more reps and generate more Lactic Acid.

It's important to take this rest, so don't skimp on it, even if it feels way too long (and it likely will). When you go back to the shoulder press, you'll feel just how incomplete your recovery is, even though you feel fine.

This combination of exercises is going to FLOOD your shoulders and upper arms with blood and with Lactic Acid. Even if you're on a low-carb diet (which is very difficult to get a pump with), you WILL get a massive pump out of it. This circulation is excellent for oxygenating the tissues and developing micro-circulation in the muscles (capillaries...the tiny blood vessels where nutrient and oxygen exchange take place).

This "little" exercise combination is the perfect complement to do the following day after you perform the "big" exercise combination of deadlifts, bench press and squats. And even though you're using smaller exercises, it's still going to be very challenging in it's own way!

Want more circuits like this? Check out my book [Metabolic Monsters](#).



Power-Start Lactic Acid Training for Close Grip Decline Bench Press



Fat-loss training does NOT have to be boring and it does NOT have to result in lost strength and power.

The fat-loss training technique I'm about to show you not only takes advantage of your hormonal response to a specific style of training (more on that below), it also allows you to actually build power and strength at the same time.

Why We WANT Lactic Acid (and plenty of it!) When Training For Fat Loss...

One of the key components of fat loss that a lot of people miss is the HORMONAL component...in this case, we're looking squarely at Growth Hormone.

Now, ironically enough, even though the name of the stuff is growth hormone, it's actually one of the most effective FAT-burning hormones you've got (it also helps your body spare muscle tissue...it's GREAT stuff and training to increase it is very important).

Studies have demonstrated that a drop in the pH in your bloodstream (an increase in acidity) is a stimulus for the secretion of Growth Hormone in your body. Now, **in English, that means when you train for the burn from Lactic Acid, your body will kick out Growth Hormone in response.**

[Side note: to take maximum advantage of this GH response, you need to also have stable blood sugar levels, which means little to no circulating insulin...and that means training in a fasted state. Insulin and GH don't play nicely together and the presence of insulin will pretty much shut down GH. As well, this means you can also enhance this response by doing Lactic Acid training while eating low-carb].

The goal with Lactic Acid Training is to get your body to build up a LOT of Lactic Acid and keep it there for extended period of time.

So How Do We Train For Lactic Acid and Growth Hormone?

Building up Lactic Acid is not a hard thing to do. I'm sure you've experienced many times, especially with higher-rep training.

In this case, I've got a unique twist for you...and it's not only going to build up the Lactic Acid levels, it's also going to develop speed, strength and power in your target lift as well.

Instead of simply doing a bunch of high-rep sets with light weight (which is a version I've used as well), we're going to start with one set of moderately high reps with a moderate weight with a FAST tempo (as fast as you can go while keeping good form).

THEN we'll cut the weight in half and continue doing sets with that weight, resting 20 seconds in between sets.

The first set is the "money" set...it's going to build speed, strength and power. And it's going to churn out a LOT of Lactic Acid, especially as you keep pushing to get as many reps as you can, grinding out the last few under extreme burn.

The weight should be something you can hit at least 15 to 20 or so reps with.

I'm going to demonstrate this with Decline Close Grip Bench Press, which primarily targets the triceps (also the chest and shoulders). It's one of my favorite tricep exercises.

I've got 185 lbs on the bar...you'll notice in the picture that I've got the 25 lb plates on the INSIDE of the bar and the 45 lb plates on the outside. When I go to strip half the weight off, I'll only have to remove the 45's and the weight that's left will be 95 lbs, which is about half. I won't have to put any plates back on, which would take more time.





Crank out as many reps as you possibly can...pushing to the point where the burn basically shuts down your muscle function. The weight should be moderate enough that when you hit that "pace break" (the point where you have to pause and catch your breath a bit), you can grind out another 3 to 5 reps or so.

Now cut the weight in half.



Get back on the bench and crank out as many more reps as you can. Even though the weight is a lot less, your body will not have had time to clear out much Lactic Acid and you'll get fewer reps even with half the weight.

Again, go for the burn, getting as many as you can, keeping a fast pace with good form. You'll notice in the video that I'm not using a full lockout on each rep...the purpose of this is to keep the tension on the muscles and churn out even MORE Lactic Acid.



Now the fun begins...

You've finished your second set. Rest 20 seconds.

Then go AGAIN.

Repeat this for at least 5 to 7 more sets, so that you're hitting 6 to 8 sets total for the exercise (including the first moderate-weight set, e.g. 1 set moderate weight, 7 sets light). Your reps will drop significantly as you progress through the sets...you may even get to the point where you're only getting a 3 to 5 reps.

That's totally fine as the goal is not performance on those lighter sets, it's keeping that Lactic Acid in the muscles and not allowing full recovery and clearance of it.

I've found this method to be incredibly effective at generating Lactic Acid while still allowing you to use a decent amount of resistance so that you're not just targeting the Type 1 muscle fibers.

It will definitely make for a challenging workout!

And yes, you can do this with just about ANY exercise...(just fyi, if you do it with squats or deadlifts, you'll be generating so much Lactic Acid that your motor function will probably be compromised...in other words, be careful when you walk!).

This style of training is definitely more effective when done in fasted state (not necessarily first thing in the morning, but don't eat anything before you train).

If you're interested in more info on how the nutrients you eat should tie in with specific training styles...

I've got a full video (and text) rundown on my Metabolic Surge program. [You can check that out here](#)...and even though it is focused on the Surge program, it's PACKED with great info that you can apply to just about any fat-loss program.

Power-Start Lactic Acid Training for Barbell Bench Press



If you want to lose fat while **KEEPING** your muscle mass, you've **GOT** to do Lactic Acid Training.

The reason is simple...when large amounts of Lactic Acid are generated, your body secretes Growth Hormone in response. And GH is one of the most powerful fat-burning, muscle-sparing hormones your body has in it's arsenal.

And that's where Power Start Lactic Acid Training comes in.

With this technique, you'll be performing 10 total sets of one exercise. The first set is going to be done using a moderate weight for 15 to 20+ reps and a fast tempo (essentially cranking out reps without trying to focus on tension or tight form). The goal is to generate as much Lactic Acid as possible.

Then you'll reduce the weight by about half and take 20 seconds rest (or the time it takes to change weights, if more than 20 seconds).

For the remaining 9 sets, you're going to focus on **STRICT** tension-focused form in the bottom half (stretch) range of motion. By never fully locking out, you not only keep tension on the muscles, you prevent substantial blood flow in or out of the muscles. This is known as Occlusion Training or Blood Flow Restriction Training.

This style of training keeps the Lactic Acid (and other metabolic waste products) localized in the muscles. It's important to note, in this case, we're not after training performance...we don't care **AT ALL** about how many reps we get.

Ironically enough, we actually pretty much want **REDUCED** performance (in terms of reps). We **WANT** that overload of metabolic waste products to happen. It's the focus of the training style and the reason we're doing it how we're doing it. These metabolites are a potent fat-burning and muscle-building signal to your body.

We'll continue these strict occlusion sets for 8 more sets, taking 20 seconds rest in between sets...just enough time to get a bit of muscular recovery without allowing for complete clearance of Lactic Acid.

When performing these lighter sets, take them up to the point of "chemical" failure (by which I mean the Lactic Acid burn stops your muscles from functioning properly). The weight will be light enough that you won't hit nervous system or muscle fiber failure, both of which are much tougher to recover from.

How to Do Power-Start Lactic Acid Occlusion Training for Chest

The exercise we'll be using for this technique is the bench press. You can use either a barbell or dumbbells. I actually find it easier to do with a barbell as it's easier to do faster-tempo sets with a barbell because of the increased stability of the bar.

First, load the bar with your HALF weight. This will save time when pulling weight off for the remaining 9 sets. You won't have to put anything back on. In my case, I've put a pair of 25's on the bar first, then 45's on the outside. The half weight is 95 lbs and the full weight is 185 lbs.

Unrack the bar and perform reps with power, using a fast tempo and no pauses. Don't worry about keeping strict form but don't resort to bad form, either. Push until you hit chemical failure and you can't get another rep.



Remove half the weight (in this case, I pulled the 45's off).

Now unrack the bar and perform sets in the bottom half of the range of motion, focusing on muscle tension. Bring the bar up to just above the sticking point. Use a short, almost-robotic type of movement, pausing at the top and the bottom of every rep.

The idea here is to keep tension on the pecs and not allow much blood flow in and out of the muscles.



As I mentioned above, don't worry about how many reps you get. It completely doesn't matter. Just go for FEEL...and it should be feel BRUTAL. The Lactic Acid build-up and the muscle tension will be painful.

When you get to the end of the set, you'll find out one of the reasons why we go to just above the sticking point...finishing out the last rep in order to re-rack the bar. Rest 20 seconds, then go again.

By the time you've finished all ten sets, you'll have a MASSIVE pump in your chest and you'll have generated MASSIVE amounts of Lactic Acid in your entire upper body.

This training technique can be used with just about any exercise that has a decent stretch component that allows for continuous muscle tension at the bottom. The stretch phase is more useful than the contraction phase as the stretch portion generates more muscle-building tension in the target muscle.

If you want to build muscle and burn fat at the same time, this is one of the BEST techniques you can do to get the job done.

Power-Start Lactic Acid Training for Dumbbell Bench Press



Lactic Acid Training is simply one of **THE** most effective fat-loss training methods you can use.

The goal with it is simple...to generate and **KEEP** as much lactic acid (better described as "lactate") in the muscles as long as possible.

The presence of lactate in the muscles/bloodstream causes a drop in acidity (pH), which is a major signal for the body to release Growth Hormone (GH).

And GH is one of **THE** most powerful fat-burning (and muscle-sparing) hormones you've got access to. If you want to lose stubborn fat and keep your muscle mass, **THIS** is a hormone you want more of floating around in your body.

And Lactic Acid Training is the way to get it.

(Side note: from a nutritional standpoint, for maximum GH secretion, you should go into this training **FASTED**...as in no food for at least 3 to 4 hours before training. Insulin and GH do not get along...insulin and blood sugar levels need to be stable for this to work most effectively).

How to Do Power-Start Lactic Acid Training for Dumbbell Bench Press

For this version of Lactic Acid Training, we're going to focus on what I call a "power start." Essentially, you'll be taking a moderate weight and cranking out fast reps with it to generate as much lactic acid/lactate as possible.

For the demo, I'm using a pair of 85 lb dumbbells on the flat dumbbell bench press. You want to choose a weight you can get at least 20 or more reps with.



This set should be done with **POWER**, hence the name. There is little to no focus on the negative phase of the movement because the vast majority of lactate is generated on the concentric or lifting phase of the movement. We basically don't care about the negative here.

Then, you're going to take a very short rest period (20 seconds), reduce the weight by half (40 lb dumbbells for me), and **CONTINUE** doing sets of the same exercise to **KEEP** that lactate localized in the target muscles for a long period of time (again, on 20 seconds rest).



On these lighter sets, don't go for power...go for SQUEEZE on the target muscles. Again, no real focus on the negative, just on getting maximum contraction on the positive to generate that lactate.

You'll likely get about half the reps on this first lighter set, because of the lactate accumulation that hasn't been cleared from the muscles. The number of reps you get will very likely decrease on each set after that as well...that's not only just fine, it's to be expected.

This training will be done for a total of 8 sets minimum (you can extend it out to 12, if you like)...1 moderate weight for the "power start" and the rest with the reduced weight.

Just fyi, this method can also be done using a barbell bench press, though you will need to hurry to get the weight changed out after the first set. Dumbbells do make it easier to switch weights.

One important point to note...DO NOT stretch your chest out in between sets. Stretching will help

clear the lactate out of your muscles and, in this case, we actually DON'T want that to happen.

This style of training can be performed with just about any exercise, whether it be compound or isolation...naturally, the "bigger" the exercise, the more lactate you can generate and the more effective this training will be for fat loss.

Power-Start Lactic Acid Training for Trap Bar Deadlifts



If you're training for fat loss, one of THE most powerful techniques I've used is Lactic Acid Training.

The idea behind Lactic Acid Training is, shockingly enough, to produce as much Lactic Acid as you can and KEEP it there for long periods. The drop in pH (acidity) causes an emergency situation in your body, which secretes large amount of Growth Hormone in response.

GH is one of THE key fat loss hormones...it helps your body burn fat and preserve muscle mass...the more of it you can produce naturally, the easier it'll be to burn fat (even the stubborn stuff) and the easier it'll be to hold onto your muscle mass, even on a low-calorie diet.

Now, one of the key things to note first is that you should do this style of training FASTED. Don't eat anything (especially carbs) before you train. Insulin and GH don't get along well with each other, and if your insulin levels are up, your GH response will be blunted.

Even better is doing this style of training while on a low-carb diet where insulin levels are very low and stable.

Let's get to it...

How it works:

You're going to be using two different weights for this technique...both on the same exercise.

The first weight is going to be something you could get at least 15 to 20 reps on...a moderate weight. The idea is going to be to crank out as many reps as you possibly can with that weight, building up as much Lactic Acid as you can in the first set.

And when I say crank, I mean CRANK. We're not looking for picture perfect form...we're looking for POWER.

That doesn't mean BAD form...it just means we're not trying to control the weight perfectly on every rep (and no slow negatives either). We're just trying to get as many as we can with reasonably good form.

That's where Trap Bar Deadlifts come in...it's the perfect exercise for this style of training. If you don't have access to a Trap Bar, you can either do regular straight bar deadlifts or dumbbell deadlifts, too.

The Trap Bar allows you to just focus on lifting the weight. There's not nearly as much technique

involved with a Trap Bar Deadlifts as there is with a straight bar deadlift.

In the demo, I've got 325 lbs on the bar, which for me is a pretty moderate weight.

Perform as many reps as you can until Lactic Acid burn shuts you down. You likely will get to a "pace break" point where you have to stop momentarily...at this point, just grind out a few more single reps until you really can't do anymore.



Now here's an important tip...I don't have the bar loaded in the "normal" fashion.

If you look in the picture below, I've got it loaded with a 45 lb plate on the inside, then two 25 lb plates then another 45 lb plate.



This is important because once I finish that first set and burn out (and yes, it WILL burn), I'm going to

remove about half the weight and CONTINUE performing sets with that reduced weight.

I'm going to remove the outside 45 lb plate and the next 25 lb plate, leaving me with 185 lbs on the bar...it's not exactly half, but it's close enough.



When you're gauging what weights to use with this technique, use the same type of loading strategy...start by loading the weight you're going to drop down to...THEN load the rest of the weight to get to your full load.

This really saves time when you're changing the weight because all you then have to do is unload...no reloading.

Do this unloading as quickly as you can and immediately start your next set. Perform as many more reps as you can. This will likely be about 6 to 8 reps, even though the weight is dramatically reduced. We're going to stick with this weight for the rest of the sets here, too, just fyi.



When you finish the set (because the burn stops you again), rest 20 seconds.

Then do another set. Then rest 20 seconds.

Continue this pattern until you've completed 10 sets TOTAL on the deadlift (this includes the first set, so that means 1 "power" set then 9 half-weight sets).

On the very last set, give it everything you've got. Push to maximize that burn!

All done!

...with Trap Bar Deadlifts...

You can work the rest of your body with this style of training as well (use 10 sets for larger parts like back, chest and legs and 8 sets for smaller parts). I like to split the body in half and hit no more than 4 bodyparts per session.

Power-Start Lactic Acid Training is incredibly effective for burning fat while maintaining muscle mass. It's a great challenge and will really push you to the limits!

Power Start Lactic Acid Training for Chin-Ups



Training for Lactic Acid on purpose is a GREAT strategy for fat loss. Increases in Lactic Acid cause the body to secrete Growth Hormone in response.

This exercise combination is a bodyweight option for back training using chin-ups and bodyweight rows.

The first set is a "power start" set done for moderately high reps (15 to 20 reps) with a fast tempo to generate as much Lactic Acid as possible. Then take 20 seconds rest.



Then change to the lighter exercise, in this case the bodyweight row. This second exercise is going to be done in a half range of motion (stretch range), with a focus on keeping **continuous tension** on the muscles during the sets. The idea here is to KEEP the Lactic Acid (and other waste products of muscle contraction) in the muscles to further force that GH response in the body.



Now, I'm using chin-ups and rows...if you're not strong enough to get at least 15 reps of chins, you can use pulldowns for the first exercise AND the second part, just reducing the weight by about half in order to do the stretch-partial occlusion training.

Keep repeating these sets of partial range bodyweight rows, getting as many reps as you can until Lactic Acid shuts you down on each set. Take 20 seconds rest between sets...just enough to get a little recovery then keep going. Do a total of 10 sets for back - the one "power start" set then 9 more of the half-weight partial-range setes.

This is a GREAT method for working the large muscles of the body with a major focus on hormone-based fat-loss.

Power Start Lactic Acid Training for One-Arm Dumbbell Rows



This is an extremely powerful fat-loss technique that I call Power Start Lactic Acid Training. Basically, the idea is to generate as much Lactic Acid as possible and keep it there. Lactic Acid (and the resulting drop in pH in your body) causes increased secretion of Growth Hormone.

And Growth Hormone is one of THE most powerful fat-burning hormones in your body. It not only burns fat, it also helps protect muscle mass in your body...so yes, we really do want as much of that as humanly possible!

This technique can be used with just about any big compound exercise. It also works with smaller muscles and isolation movements, but you won't generate nearly as much Lactic Acid...it's much more powerful when you're targeting bigger muscle groups with big exercises.

So for back, we're going to be working the One Arm Dumbbell Row. I find this exercise really lends itself to this style of training.

To do this, you'll need two dumbbells and a flat bench. One dumbbell should be moderate to moderately-heavy in weight...something you could get at least 15 reps with good form with. I'm using a 105 lb dumbbell here in the demo.

You're going to do as MANY reps as you can with this weight, as FAST as you can while keeping decent form (it doesn't have to be perfect form but don't totally break form to get reps). The idea here is to blast out at least 20 or more reps and generate as much Lactic Acid as possible using a moderately heavy weight (which also helps train up the nervous system for fast, powerful movements, so it's got multiple benefits).

Start with reps on the left arm...



When you can't get any more reps, switch over and crank out reps with the right arm.



Now take 20 seconds rest and get your other dumbbell in position. This one should be about half the weight of the first dumbbell...I'm using a 50 lb dumbbell here.

One these lighter sets, instead of doing reps as fast as you can, you'll slow down the movement and work under high tension and tighter control, squeezing the target muscles rather than just hammering out reps. This will generate even MORE Lactic Acid.



Get as many reps as you can (it'll be a lot less, just fyi...even just 5 to 8 reps is fine) then switch sides.



Get as many reps as you can on the other side then rest 20 seconds.

This 20 seconds rest is just enough time to clear out some of the Lactic Acid and give just enough recovery to be able to keep going.

And keep going you will...for EIGHT more sets just like this.

You'll be doing a grand total of 10 sets for your back here...(10 sets on each side, just fyi)....and it will keep a large of amount of Lactic Acid churning around in your body for a good 3 to 4 minutes.

I find this is tremendously powerful for burning stubborn bodyfat. The resulting Growth Hormone release seems to target abdominal fat, which is almost always a problem area.

On a side note, I also want to mention one thing...the absolute BEST time to perform this training is

when you're in a fasted state and/or eating a low-carb diet. DO NOT eat any carbs within at least 4 hours before this style of training.

Growth Hormone and Insulin do not get along...and eating carbs will elicit an Insulin response, which will basically shut down the GH response you would normally get from this style of training.

If you're on a fat-loss phase, definitely give this technique a try...it's extremely effective and very time-efficient!

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Power Start Lactic Acid Training for One-Arm Gripping Dumbbell Squats

Let me just start by saying, you're going to hate me for this one...

Heck, I hate me for this one...

We're going to combine one of my favorite fat-loss training techniques with one of my favorite leg exercises...resulting in a leg workout that is going to leave your legs TRASHED for 2 to 3 days afterwards (if you did it right, of course).

The technique is Power Start Lactic Acid Training, the goal of which is to build up as much lactic acid in the target muscles as possible to elicit the Growth Hormone response that results from that drop in pH.

Growth Hormone is CRITICAL for fat loss and for maintaining muscle mass while losing fat. Training for that GH response specifically is what we're looking for here. (Side note, be sure you DO NOT eat anything before training for this GH response...any insulin in your bloodstream will blunt that GH response we're looking for).

To do Power Start Lactic Acid Training, **your first set is going to be a moderate weight** (70% of so of 1 RM) done for relatively high reps (20+). The idea on this first is to crank out reps as fast and powerfully as you can, without resorting to poor form or excess momentum.

We're not looking for super-strict form...just good form with the goal of powerfully blasting out as many reps as you can before Lactic Acid build-up shuts you down.

For the next set (resting 20 seconds between), drop the weight by about half.

Now do another set, putting out as many more reps as you can. On these sets, we're looking for tighter form as the weight is lighter. You will likely get maybe 8 to 12 reps on this set as the lactic acid build-up will still be present in the target muscles.

Rest 20 seconds then go again, going for as many reps as you can.

Repeat this pattern of 20 seconds rest and as many reps as you can until you've done 10 to 12 TOTAL sets for that exercise.

On the last set, be sure to give it everything you've got...push yourself to the point where Lactic Acid is causing everything to shake and your muscles just aren't functioning properly (it'll happen).

So that's how to do Power Start Lactic Acid Training...

You can do it with just about any exercise but here's the BEST exercise to do it with to target the legs. This one will really allow you push your legs to the limit.

One-Arm Gripping Dumbbell Squats

To do this one, you'll just need a couple of dumbbells (2 sets, ideally) and a solid bar to grab onto that's about chest height.

It's very simple. You'll be holding onto that bar with one hand and holding a dumbbell with the other. Then you'll just do a squat.

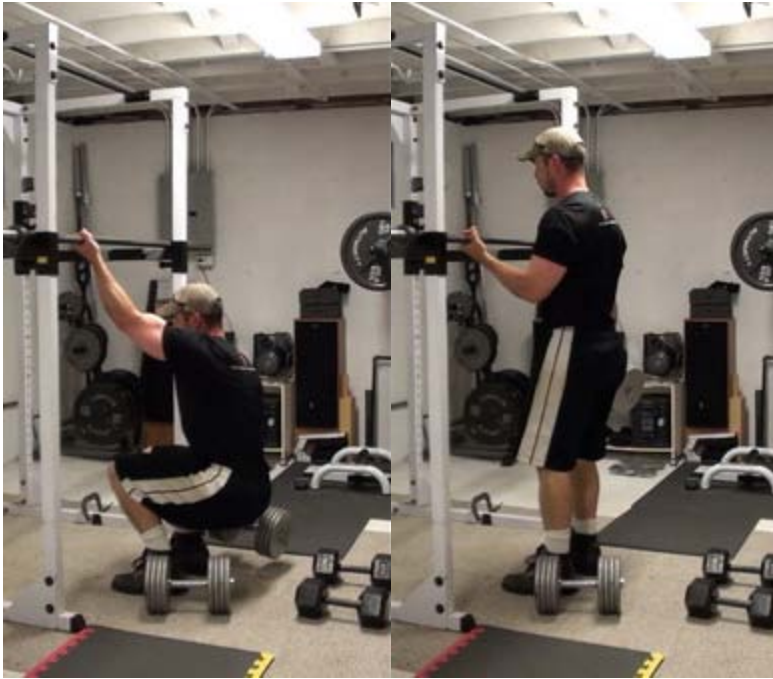
Holding onto the bar allows you to maintain a vertical upper body position, taking all stress off the lower back. It also allows you to spot yourself somewhat, giving assistance when you need it to help continue the set.

Here's what it looks like...(on this first set, I'm using an 85 lb dumbbell - I've got one set on my left side and one on my right so I can switch hands very quickly and easily, as you'll see in the video).

When doing this first set of moderate weight for high reps, to keep the load even on your body, go for 8 to 10 reps on the left arm then 8 to 10 on the right, then keep switching and keep going as long as you can.



Switch and keep going.



When you hit the wall on this, move the larger dumbbells off to the side then get the lighter ones ready to go. In this case, I dropped down to 40 lb dumbbells.

You've got 20 seconds rest in between that first set and the second set that starts immediately when your first set finishes...NOT when you get the second set of dumbbells into position...(yeah, I've got my eye on you).



Same idea here...you will probably need to reduce the reps on each side to about 4 or 5 because of that Lactic Acid build-up.



Rest 20 seconds then go again, getting as many reps as you can.

Repeat until you hit 10 to 12 sets total (I did 12 sets in the demo here).

On the very last set, put everything you've got into it. Push yourself to the absolute limit. And THAT is where the beauty of THIS exercise really comes into play.

If you were doing a barbell squat, you'd have to worry about re-racking the bar. If you were doing a leg press, you'd finish at the top of a rep, not the bottom.

With THIS exercise, you finish at the bottom so you can pretty much just fall to the ground. And you can use your grip on the bar to help pull yourself up out of the squat on the final reps, allowing you to push your legs to the limit.

When you finish your last set, you are DONE with legs.

And I can promise you, there WILL be lactic acid burn and you will be walking funny for about 5 to 10 minutes (watch where you walk...seriously...I actually accidentally kicked over my video camera by accident after shooting this and I've never done that before).

The next few days, the soreness will really start kicking in. One thing I do recommend is taking about 1000 mg of Vitamin C before your workout. That'll help mitigate the soreness that will be coming.

So that's the technique and that's the exercise to do it with. If you're looking to really hit your legs hard, burn fat and build muscle, this is a GREAT leg workout to do it with.

Power-Start Lactic Acid Training For Reverse Band Bench Press



One of the toughest things to do when losing fat is maintain your strength. It's actually easier to maintain muscle mass than it is strength levels, to be quite honest!

That's why if keeping your strength and performance levels is important to you when on a fat-loss program, you must use training techniques that target this goal. Simply reducing your calories and performing conventional training is not going to cut it.

That's where Power Start Lactic Acid Training comes in. It's a technique I've come up with that targets fat-loss via Growth Hormone secretion while utilizing a specific training pattern to also maintain (and even BUILD) strength.

Lactic Acid Build-Up = Growth Hormone Release = Fat Loss

Long story short, that's basically the bottom line and the primary goal we're going for when I talk about Lactic Acid Training. The goal is not to just get the burn for the sake of getting the burn. That Lactic Acid build-up signals the body to release Growth Hormone, which is one your body's most powerful fat-loss and muscle-sparing hormones.

Power Start Lactic Acid Training accomplishes this via a two-part workout.

The first set you do will use a moderate weight and aim for 15 to 20+ reps. Do these reps fast and with power (hence the name "power start"). This is the set that is going to target strength and explosiveness by way of nervous system activation.

You're not using a heavy load, but you ARE using a powerful and explosive lifting speed in order to develop that nervous system efficiency and activation. You will crank out as many reps as you can, as fast as you can, until Lactic Acid build-up shuts you down.

The second set (and every set thereafter) will use a REDUCED weight (drop it by 1/3 to 1/2). Get as many reps as you can using tight form...not as explosive as the first set, but not super slow either. The goal here is to KEEP that Lactic Acid build-up in your muscles.

You'll do one set, rest 20 seconds, then do another set, rest 20 seconds, continuing this pattern until you've done 8 to 10 total sets (including the first set).

By the time you're done, your reps will likely have dropped down into the 3 to 5 rep range and Lactic Acid build-up will make it hard for you to even move properly. THAT is what we're looking for.

Reverse Band Bench Press...the IDEAL exercise for maintaining benching strength and power

Now, you can absolutely use any conventional exercise with this style of training. It'll work just fine. However, I like to push things a little further and work with unique exercises and Hybrid movements that really match the strength curves of the exercises better.

And for bench pressing, I use **Reverse Band Barbell Bench Press**.

Essentially, you'll take two training bands and attach them to the top cross-beams of the power rack. Then you'll loop the other ends around the ends of the bar.

([if you need a source for training bands, here's where I got mine](#))

When you lower the bar, the bands stretch and take up some of the resistance...during the part where you're **WEAKEST** in the press. Then, as you press up, the bands contract and put back that tension...just as your leverage improves and you're **STRONGEST** in the press.

This allows you to train the movement with ideal resistance from top to bottom.

And while it does take some resistance off you at the bottom, this is **NOT** cheating...it's simply a strategic method for making your training more effective. Band training is regularly used by world-class powerlifters to increase strength.

It allows you add more overall load to the top section of the movement where leverage is better so you get more efficient strength development.

Here's what the set and exercise looks like...

(just fyi, the bands are hitched on the top cross-beams- make sure they're placed evenly on there so you don't get any diagonal tension).

Unrack the bar and get set up, just like you would for a regular bench press.



Lower the bar to your chest then EXPLODE back up with power. The idea here is not to do slow, grinding reps but to blast these reps out to activate and train the nervous system for power.

And the beauty of training with bands in this fashion is that your body doesn't have to expend energy decelerating the bar (which happens with lighter weight). You just power up and as the bands relax tension, the load increases, slowing the bar down naturally without your body having to put the brakes on (which actually limits your strength and power output).



Crank out as many reps as you possibly can until Lactic Acid stops you. In my set here, I think I managed 16 or 17 reps.

When you've finished that first set, remove some weight (I took a 45 lb plate off each side) then continue.





If you have a training partner, it'll speed up this process. If you're on your own, just go as fast as you can and go straight into your next set.



Do as many reps as you can (probably around 6 to 8 reps or so) then rest 20 seconds. Do another set of as many reps as you can then rest 20 seconds.

Repeat for 8 to 10 total sets and you're done for your chest training! It'll go quick but believe me, you'll have no reason to do anything else after you've completed a full run of this style of training. Your nervous system is done and your muscles will be jello.

If you've got bands, definitely give this version of Power Start Lactic Acid Training a try...the better matching of the strength curve will really allow you to push your muscles to the limit through the entire range of motion of the bench press exercise.

And, as I mentioned, you can absolutely use this training style with just about ANY exercise.

On a side, this style of training (that goes for Lactic Acid and GH secretion) is more effective when

fasted or on a low-carb diet. Insulin and GH don't play well together...if you eat carbs within a few hours of this style of training, the GH response won't be nearly as strong.

If you're interested in more info on how the nutrients you eat should tie in with specific training styles...

I've got a full video (and text) rundown on my Metabolic Surge program. [You can check that out here](#)...and even though it is focused on the Surge program, it's PACKED with great info that you can apply to just about any fat-loss program.

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