Earn The BURN

Lactic Acid Training for FAST Fat Loss

By Nick Nilsson
Lactic Acid Training - A Complete 6 Week Program for FAST Fat Loss

By Nick Nilsson
The "Mad Scientist of Muscle"

Did you know that Lactic Acid can hold the KEY to burning stubborn fat?

Well...now you do!

So what I've got for you here is a full 6-week program designed to maximize fat-burning by using the hormonal effects of Lactic Acid Training to your advantage.

To sum it up for you really quick...when you get Lactic Acid build-up in the body (due to hard training), this causes a release of Growth Hormone, which is one of THE most powerful fat-burning and muscle-sparing hormones in the body.

When combined with a targeted, reduced-calorie diet, this can result in your body pulling fat from those stubborn pockets that are usually so hard to get at.

If you've got my book Metabolic Surge - Rapid Fat Loss, you'll know all about this type of training. It plays a very specific part in the overall program.
However, because this info is so effective, I've decided to expand on it for this and put together 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.

This program doesn't address nutrition or diet, just the weight training. If you need more info on what to eat:

**BASIC Nutrition - A Quick, Common-Sense Guide To What You Should Be Eating to Stay Healthy and Get Results Right Now**

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.

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**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 dumbell flyes 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 flyes 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

On the last set of the workout, whatever other variation you are using, drop to an extremely light
Saturation 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's 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.
**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.

The training techniques described in the program layout and listed above.

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
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<tbody>
<tr>
<td>Straight Through Lactic Acid Training - no special techniques</td>
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<td>Isolation / Compound Jump Sets</td>
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<td>(5) Biceps</td>
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<td>(5) Calves</td>
<td>(4) Hamstrings</td>
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**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.

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**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.

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<td>Thighs</td>
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<td>(12) Thighs</td>
<td>(6) Shoulders</td>
<td>(10) Thighs/Quads</td>
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<tr>
<td>Hamstrings</td>
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<td>(6) Calves</td>
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**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!

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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.

That’s the program! And as I mentioned at the start, Lactic Acid Training is an important part of my Metabolic Surge - Rapid Fat Loss program, which is literally THE single most effective fat-loss program I’ve ever used.

In addition to Lactic Acid Training, it includes a number of other very targeted training techniques...techniques that are strategically implemented according to exactly WHAT you’re eating and WHEN.

**Honestly, the results you can with this program are incredible.**

[Check out Metabolic Surge here...]
Want results like this training less than FOUR HOURS A WEEK?

CLICK HERE to learn how YOU can do it with the "Metabolic Surge - Rapid Fat Loss" system...