



PERSIST DELOAD



*Hover over movement names
for Demo Video Links

PERSIST DELOAD: DAY 1 (MONDAY JUNE 7, 2021)

WARMUP: DELOAD 1.0

4 Rounds

2mins Row/Bike/Run (you choose)

20 Tibialis Raises

60sec Deadbug

A) Deload Notes:

Extended Warm Ups – This week there are longer than usual warm-ups. Please follow them and use them for additional blood flow which is great for recovery.

Structural Balance for Hips – Keep your weights light here to allow for getting into full range of motion. Use this as mobility for the body more than strength training.

Longer Aerobic Bodybuilding – Pace is very slow today. Just move and contract hard in the isometrics.

B) Structural Balance Hips: 2-3 Sets

1st – 1-1/4 Goblet Squat x 8-10reps Light Weight

rest 60sec

2nd – Tuck L-Hang/Wtd Tuck L-Hang; 30sec

rest 60sec

3rd – Hand Supported Single Leg RDL; 8-10/leg Light Weight

rest 60sec and back to 1st

C) Aerobic Bodybuilding:

15-20mins @ Easy Tempo

Bike 2mins @ 50-60%

20m Single Arm Farmers Carry Moderate R

20m Single Arm Farmers Carry Moderate R

10 Alternating Bodyweight Step Ups 20/16"

30sec Side Plank R

30sec Side Plank L

Continued On Next Page...

Cooldown: Persist Quads and Glutes 1.0

1min Per Position x 2 Rounds

- 1st. Couch Stretch R
- 2nd. Couch Stretch L
- 3rd. Elevated Pigeon R
- 4th. Elevated Pigeon L
- 20m Single Arm Farmers Carry Moderate R
- 10 Alternating Bodyweight Step Ups 20/16"
- 30sec Side Plank R
- 30sec Side Plank L

Once complete with the above 4 stations for 2 Rounds, move onto the following.

2min Heel Sit



PERSIST DELOAD: DAY 2 (TUESDAY JUNE 8, 2021)

WARMUP: DELOAD 2.0

4 Rounds

- 100 Single Unders
- 15m Quadruped Crawl
- 15 Band Pull Aparts
- 15 Banded Face Pulls
- 15 Straight Arm Banded Lat Pull Down

A) Deload Notes:

No Conditioning - Use the warm up as your blood flow and breathing. No conditioning work today.

Press and Pull for Positions - With these movements really work on the full range of motion and hit your positions.

Upper Body Accessory NOT FOR TIME - This is your structural balance work for the day. Don't rush. This is meant to be done for QUALITY

B) Press For Position: 2 Sets

1. Seated Strict Press - light 10X1 8-10reps

rest 60sec

2. Dumbbell Pull-Over; 10X0; 10-12reps

rest as needed and back to 1

***Keep loading light and work for good range of motion**

C) Upper Body Not For Time: 2 Sets

- 10 Strict Pull Up

- 10 Single Arm Half Kneeling Dumbbell Press/arm

then

2 Sets:

- 10 Push Ups

- 10 Ring Rows

then

2 Sets:

- 10 Dumbbell Bench Press

- 10 Single Arm Dumbbell Row/arm

Continued On Next Page...

Cooldown: Persist Shoulders and Lats 1.0

1min Per Position x 2 Rounds

- 1st. Twisted Cross R
- 2nd. Twisted Cross L.
- 3rd. Child's Pose with Lat Stretch R
- 4th. Child's Pose with Lat Stretch L

Once complete with the above 4 stations for 2 Rounds, move onto the following.

2mins Passive Ring Hang



PERSIST DELOAD: DAY 3 (WEDNESDAY JUNE 9, 2021)

WARMUP: DELOAD 3.0

4 Rounds

3min Bike/Row/Run (you choose)

10 Toes Elevated Bodyweight Jefferson Curl (SLOW)

20 Tall Plank to Alternating Toe Touch

A) Deload Notes:

Rotation and Unilateral Resistance – These positions are meant to hit areas that often don't get a lot of attention so move slowly and try to feel all the different body parts that are working together.

KB Flow Work – use weights here that allow you to complete the single arm complex unbroken with great form and within 30sec each arm

Aerobic Bodybuilding – This is a 20min session. You will only ride the bike for a portion of it and perform repetitions of the Rx movements for the remainder. Move slow and steady and maintain an effort that allows you to converse with someone.

B) Positional Strength and Resistance: 2-3 Sets

1st – KB Windmill; 6/arm light

rest 45-60sec

2nd – Side Plank Taps x 15/side

rest 45-60sec

3rd – Knee Over Toe Split Squat; 8-10reps/leg SLOW and Controlled

rest 90sec and back to 1st

C) KB Flow for Skill and Breathing: EMOM x 10mins

1st Min – Right Arm Complex

2nd Min – Left Arm Complex

Complex

4 Single Arm KB Sumo Deadlift

4 Kettlebell Clean From Floor

4 Kettlebell Snatch

D) Aerobic Bodybuilding Continuous: 20min Continuous Clock

Bike Easy – At minute 4, 8, 12, 16, and 20 get off the bike and perform the following movements and reps.

6 Sprawls

10 Russian KBS 53/35lbs

14 Tall Plank Knees to Elbows

Once you complete the reps get back on the bike and continue pedling.

Continued On Next Page...

Persist Groin Glutes and Abdominals 1.0

1min Per Position x 2 Rounds

- 1st. Seal Stretch
- 2nd. Butterfly or Weighted Butterfly
- 3rd. Pigeon Stretch R
- 4th. Pigeon Stretch L

Once complete with the above 4 stations for 2 Rounds, move onto the following.

2mins Static Back

PERSIST DELOAD WALK (THURSDAY JUNE 10, 2021)

A) Active Recovery:

Find 30-60mins today and go for a walk without any breaks. Keep your pace moderate and build up a little sweat. If you can do this when the sun is at it's peak and get some good light exposure then even better.



PERSIST DELOAD: DAY 4 (FRIDAY JUNE 11, 2021)

WARMUP: DELOAD 4.0

4 Rounds

100' Quadruped Crawl
10 Ring Rows
10 Push Up
10 Scapular Push Ups

A) Deload Notes:

Upper Body Resistance - After 3 Low Volume and Intensity Days we will spend the final two days of the De-Load week building up small amounts of intensity with weight and volume. For your Upper Body Work today it is OK to challenge your weights a little bit.

Gymnastics FLOW - Ensure that these reps and skills are not too demanding for you. You should complete your work every minute within 30sec. If it takes you longer then scale back reps.

Aerobic Bodybuilding - Increasing effort is one way to challenge a little bit of intensity this week. Make each set faster than the previous. Your last set should still feel comfortable.

B) Upper Body Resistance : 2-3 Sets

1st - Close Grip Bench Press; 20X1; 4-6reps

rest 6sec

2nd - Weighted Supinated Pull Up; 11X1 Tempo; 3.3; rest 15sec between sets of 3 for a total of 6 reps per set

rest 2mins

C) Gymnastic Flow: Every Minute on the Minute x 8mins

1st - 4 Hand Release Burpee + 6-8 Toes to Rings

2nd - 1 Wall Walk + 3-4 Drips

D) Aerobic Bodybuilding - Increasing Effort: 3 Sets - Building Pace

Row 500m

15 Anchored Feet Sit Ups

10 Gorilla Rows 50/35lbs

5 Dumbbell Burpees 50/35lbs

rest walk 60sec between Sets

Set 1 - 65% Effort

Set 2 - 75% Effort

Set 3 - 85% Effort

Continued On Next Page...

Cooldown: Persist Chest Lats and Triceps 1.0

1min Per Station x 2 Rounds

- 1st. Kneeling Triceps Stretch R
- 2nd. Kneeling Triceps Stretch L
- 3rd. Bench Shoulder Flexion with Thoracic Mobilization
- 4th. Supine Bench Weighted Chest Opener

Once complete with the above 4 stations for 2 Rounds, move onto the following.

2mins Seated Barbell Shoulder Extension Stretch



PERSIST DELOAD: DAY 5 (SATURDAY JUNE 12, 2021)

WARMUP: DELOAD 5.0

4 Rounds

2mins Run/Bike/Row (You Choose)

6 Inchworms

12 Bodyweight Standing Calf Raise 11X1

A) Deload Notes:

Hinge Squat PreFatigue - These are two movements that are designed to open up the glutes and hamstrings as well as prepare the knees for loading. Move slow and feel the body positions.

Squat Hinge Low Volume Strength - You can challenge yourself for 2 sets. Make each set a little tough in preparation for getting back to loading normally next week.

FBB Grinder - this grinder is meant to be done NOT FOR TIME. Don't rush. Maintain great quality. Think of this as accessory movements for the day under modest fatigue.

B) Hinge Squat PreFatigue: 2 Sets

1. 10 reps Seated DB Good Morning (slow and controlled)

rest 60sec

2. 12-15/leg Patrick Step Level 1 or Level 2

rest 90sec and back to 1

C) Squat Hinge Low Volume Strength Work: 2 Sets

1st. Romanian Deadlift 3111; 6-8reps

rest 30sec

2nd. Goblet Cyclist Squat 31X1; 6-8reps

rest 90-120sec and back to 1st

D) FBB Grinder: 3 Rounds NOT FOR TIME

50m Farmers Carry 53/35lbs

10 Cobra Tall Kneeling to Standing

60sec Forearm Plank

50m KB Rack Carry 53/35lbs

10 Cobra Step Up

4 Alternating TGU 53/35lbs

Continued On Next Page...

Cooldown: Persist Hamstrings Quads and Calf 1.0

1min Per Station x 1-2 Rounds

- 1st. Low Dragon Stretch R
- 2nd. Low Dragon Stretch L
- 3rd. 30 Reps Elephant Walk Steps
- 4th. Heel Sit

Once complete with the above 4 stations for 1-2 Rounds, move onto the following.

2mins Saddle Pose

REST DAY (SUNDAY JUNE 13, 2021)

