



***Persist Deload - Sept 2022***

## N O T E S

These deload workouts cover Friday and Saturday **before** Benchmark Week for both the Perform and Pump tracks, as well as Monday – Wednesday **after** Benchmark Week to ease into the new cycle. in place of the programming in TrueCoach. After the Active Recovery day on Thursday in Week 1 of the new cycle, you can jump back into the full program.

If you are in Pillars or Minimalist, stick to the programs as written and reduce loading and effort on all sections to 6-7/10 RPE (Rate of Perceived Exertion). The volume and training intensity inside of Minimalist and Pillars is still appropriate as written for next week, even after Benchmark Week. Send any questions through the Message area of TrueCoach!

# PERFORM - FRIDAY 9 / 23

## **PERSIST Hinge + Push Warmup**

2-3 sets

1. Cardio 60sec - Bike/Row/Run/Ski/Sled Option

2. Shinbox Complex

-Shinbox Thoracic Rotation x 5/side

-Shinbox Good morning x 5/side

3. Passive Hang x 30-60 sec

\*Shinbox Complex; Perform all 5 reps on one side of the thoracic rotation before moving to the next. For the good morning, you will switch back and forth between sides, as demonstrated in the video. Try to keep the low back in an arch position as you lean forward over the front leg.

## **Pre Fatigue - Hinge and Scap**

2 Sets

1. Hand Supported DB Single-Leg RDL x 10/leg

rest 30sec

2. Elbow on Knee Dumbbell External Rotation x 12/arm

rest 60sec and back to 1

## **Skill & Speed Strength**

Every Minute on the Minute for 6 Sets Complete this Complex:

1 Hang Power Snatch Above Knee

1 Power Snatch

Or

Every 40sec x 8 Sets

1 Single Arm KB Snatch High Pull

1 Single Arm KB Snatch from Floor

1 Single Arm KB Snatch

x 3-5 Complexes per Set

\*switch arms every set

Keep all efforts to 70-80% loading

## **ABSOLUTE STRENGTH**

Every 3mins x 2 Sets

1. Sumo Deadlift x 8 reps (RPE 6/10)

- short rest and then perform-

2. Weighted or BW Strict Dips @ 20X0 x 6-8reps

- after the dips, rest until the next 3min mark to begin the next set of deadlifts-

### **Push and Hinge Density AMRAPs**

5mins Clock

6 Alternating Single Arm Devils Press 50/35lbs

6 Single Arm Dumbbell Push Press R 50/35lbs

6 Single Arm Dumbbell Push Press L 50/35lbs

rest 2mins

5mins Clock

4-8 Push Ups

10 Tuck ups

10/8 Cal Row

### **FBB Hinge + Push 2.0 Cooldown**

\*On all stretches. FOCUS, breathe deep, exhale slowly and sink into the stretch. I am sure the first 15-30 sec of the stretch will require some fidgeting, but once you find a good spot, relax deeply.

1. Passive Hang x 2 min

\*Support the feet as necessary to take the load off the shoulders.

2. Shoulder Extension Stretch on Floor x 1 min

\*Keep your chest and head up, shoulder blades back and down.

3. Pike Stretch x 2 min

\*Pull your torso closer to the legs.

4. Front Split x 1 min/side

\*Use objects for assistance.

**P E R F O R M - S A T U R D A Y 9 / 2 4**

### **PERSIST Squat + Pull Warmup**

2-3 sets

1. Sumo Stance Complex

-Cobra Sumo RDL x 5

-Cobra Sumo Squat x 5

-Middle Split Knee Bends x 5

-Middle Split Hinge x 5

2. Straight Arm Shoulder Rotations x 10

\*Sumo Stance Complex; Only stand as wide as you are comfortable for each movement. Once you can demonstrate great control, you can start to walk your feet wider.

### **Hot Start – Aerobic Power Intervals**

2 Sets – Increase Your Run Pace Each Set

Run 400m

5–8 Wide Grip Strict Pull Ups

12 Walking Lunge 6/leg

rest walk 45sec between sets

### **Speed Strength – Back Squat**

Back Squat 10X1; 1 rep Every 30sec x 10 sets

Make these LIGHT and FAST

### **Strength Balance Upper Pull & Core**

FOR QUALITY

15–10–5

Alternating Top Down KB Gorilla Row (R+L = 1)

Ring or Plank Body Saw

\*Perfect Form

### **Gymnastics + Single Leg Muscle Endurance**

2 Rounds

60sec Timer

10 Heavy Leg Behind KB Rack Pistol Squat (5/leg)

Max Reps Ring Muscle Ups or Burpee Pull Ups in the time left

30sec rest

60sec Max Row Meters

30sec rest and begin the next round

### **FBB Quads and Glutes Cooldown**

\*On all stretches. FOCUS, breathe deep, exhale slowly and sink into the stretch. I am sure the first 15–30 sec of the stretch will require some fidgeting, but once you find a good spot, relax deeply.

1) Piriformis Wall Stretch x 1 min/side

\*Keep arch in the low back to maximize glute stretch.

2) Saddle Pose x 1 min

\*Progress to reclining hero pose to increase the stretch.

3) Couch Stretch x 2 min/side

\*Bring glutes to the foot to increase quad stretch; bring glutes away from foot to increase hip flexor stretch.

**\*\* Enjoy your Benchmark Week! Challenge yourself and return to the next few workouts on Monday, October 3 in place of the first 3 days of programming in TrueCoach for the new cycle. \*\***

## P E R F O R M - M O N D A Y 1 0 / 3

### Warmup

2 sets

1. Cardio 60sec – Bike/Row/Run/Ski/Sled Option

2. Squat Complex

-Russian Babymaker x 5

-Squat Thoracic Rotation x 5/side

-Squat Hip Rotations x 5 (In + Out = 1)

-Duck Walk x 10m

3. Supine Shoulder Flexion OR Supine Band Lat Pullover x 10 reps with 2–3 sec hold.

\*Supine Shoulder Flexion and Supine Band Lat Pullover. The goal of both of these movements is to get the shoulder more comfortable in the overhead position. Perform whichever variation is more comfortable for your shoulder and allows you to get the hand and arm farther behind the head. If you want to increase the intensity of this stretch, you may place a medicine ball or foam roller behind your upper back to allow for more range of motion at the shoulder.

\*During the squat complex, elevate the heels if needed in order to improve positions and make this complex more comfortable. For the Squat hip rotations, push the knees in as far as comfortable and then push the knees as far out as possible.

### Hip Speed Prep

2 Sets For Quality

10 Seated Box Jump

rest 15sec

10 Single Arm Russian Swings Right  
10 Single Arm Russian Swings Left  
rest 60–90sec between sets

### **Speed Strength**

Snatch Complex  
2 Hang Power Snatch  
2 Hang Snatch  
rest 60–90sec x 4 Sets

KB Alternative  
Every 30sec x 12 Sets  
5 Single Arm KB Snatch High Pull  
5 Single Arm KB Snatch  
\*switch arm each set

### **Absolute Strength & Structural Balance**

2 Sets  
1. Snatch Grip Deadlift 2020 × 6–8 Reps  
rest 30sec  
2. Nordic Hamstring Curl x 5–10reps (keep quality high on these)  
rest 90–120sec and back to 1

### **Conditioning**

FOR QUALITY  
20–16–12–8–4  
Anchored Sit Ups  
10–8–6–4–2  
Power Clean 135/95lbs  
20–16–12–8–4  
Step Ups

### **Cooldown**

- 1) Cat Cow x 10 with 2–3 sec hold in each position.  
\*Progress to segmented cat cow if possible.
  
- 2) Side lying Thoracic Rotation with Reach x 5/side with a 10-sec hold.  
\*Keep knee pinned to the foam roller. You can also keep knees pinched together at 90 degrees if no foam roller.
  
- 3) Seated Pike Stretch x 1 min  
\*Pull the torso to the legs.

4) Pancake Stretch x 1 min over L Leg, 1 min over R leg, 1 min over Center.  
\*Elevate the butt if necessary to increase stretch sensation.

## **P E R F O R M - T U E S D A Y 1 0 / 4**

### **Warmup**

2 sets

1. Banded Shoulder Flexion x 10 reps

\*Stretch out in the overhead position. Move the arms out slightly wider if more comfortable for the shoulder.

2. Banded Shoulder Extension x 10 reps

\*Hold in the stretch position for 2-3 seconds, move the arms fast back to the hips, then a 5-second return to the stretch position.

3. T spine Can Opener x 1 min

\*Place any object (foam roller, medicine ball, sandbag) under the thoracic spine. Hold onto any stationary object that will allow your shoulders to remain in the overhead position.

### **HOT START - Aerobic Muscle Endurance**

3 Rounds Steady Pace

15/12 Calories Bike

10 Sprawls

10 Ring Row

### **Speed Strength**

Push Press; 8,8,8; rest 90-120sec between sets

Hold 3sec Overhead on every rep

\*MAKE THESE LOW WEIGHT AND HIGH QUALITY

### **Strength Balance**

2 Sets:

1. Half Kneeling Landmine Press x 8/arm

rest 20sec

2. Pronated Strict Pull Ups 10X0; Perform a quality set of 6-8reps

rest 2mins and back to 1

### **Conditioning - Upper Body Density**

10mins @ sustainable effort  
8 Gorilla Rows (R+L = 1)  
30m KB Rack Carry  
12/9 Calorie Bike

\*choose a moderate load for today

### **Cooldown**

1) Twisted Cross x 1 min/side

\*Aim to stretch from shoulder to opposite hip.

2) Child's Pose with Lat Stretch x 1 min/side

\*Lean into the armpit to increase stretch sensation.

3) Passive Ring Hang x 1 min

\*Support the feet as necessary to take the load off the shoulders.

## **P E R F O R M - W E D N E S D A Y 1 0 / 5**

### **Warmup**

2 sets

1. Cardio 60sec - Bike/Row/Run/Ski/Sled Option

2. Shinbox Complex

-Shinbox Rear Leg ER x 5/side

-Shinbox Heel Touch x 5/side

-Shinbox Switch x 5-10/side

3. Bodyweight RDL x 10 @31X1

\*During the shinbox complex, try to keep your spine in a straight position. You may rest your arms on the ground behind you, slightly regressing this movement. Try only to rotate and move through the hip joint, minimizing the movement through the low back.

### **Pre Fatigue - Barbell Complex**

3 Sets

5 Good Morning 3111

5 Kang Squat (hold 2sec at the bottom)

rest 90-120sec between sets

### **Absolute Strength - Single Leg**



Every 75sec x 6 Sets

A – Right Leg Back Rack Drop Lunge; 20X1; 6 reps

B – Left Leg Back Rack Drop Lunge; 20X1; 6 reps

0–1:15 – Set 1 Exercise (A)

1:15–2:30 – Set 1 Exercise (B)

2:30–3:45 – Set 2 Exercise (A)

3:45–5:00 – Set 2 Exercise (B)

5:00–6:15 – Set 3 Exercise (A)

6:15–7:30 – Set 3 Exercise (B)

\*Ensure you get in two warm-ups sets before starting

\*Build weight on each set – make Set 3 on each leg 8/10 on your RPE Scale

Progression Note – We are continuing our back rack single leg strength progression for 6 more weeks. In the first 3 weeks, you will see RPE guides on how you should be increasing your effort. This will look like increasing weight on each set. For the final 3 weeks, we will increase total sets, and you will aim to maintain and build on your RPE and weights from weeks 1–3.

## **Conditioning – Alphabet Soup 2.0**

Every 7mins x 3 Sets

A. 15 American KBS

B. 15 V Ups

C. 12–15 Cal Row

D. 12 Sprawls

E. 15 Air Squats

Set 1 – ABCDE

Set 2 – EDCBA

Set 3 – CDEAB

## **Cooldown**

1. Supine Hamstring Stretch x 1 min/side

2. Elevated Pigeon x 1 min/side

3. Russian Babymaker x 10 reps

\*Hold the hamstring stretch position if wanting to emphasize more hamstring stretching.

# P U M P - F R I D A Y 9 / 2 3

## Warmup

2 sets

1. Cardio 60sec – Bike/Row/Run/Ski/Sled Option

2. Shinbox Complex

-Shinbox Rear Leg ER x 5/side

-Shinbox Heel Touch x 5/side

-Shinbox Switch x 5-10/side

3. Bodyweight RDL x 10 @31X1

\*During the shinbox complex, try to keep your spine in a straight position. You may rest your arms on the ground behind you to regress this movement slightly. Try to only rotate and move through the hip joint, minimizing the movement through the low back.

## Pre Fatigue Pump

2 sets of Blood Flow and High Reps

1. Goblet Wall Sit x 45sec

short rest and move to 2

2. Dumbbell Hamstring March x 10/leg

short rest and move back to 1

## Intensity SuperSet 1

Every 3mins x 2 Sets

Back Rack Box Squat; 11X1 x 6-8reps

-immediately into-

Goblet Jump Squats x 10 reps (35/20lbs)

\*make these tough today but only 2 sets

## Intensity SuperSet 2

Every 3mins x 2 Sets

Romanian Deadlift; 30X0 x 8,8 Reps

-immediately into-

Dual KB Russian Swings x 12 Reps (53/35lbs)

\*make these tough today but only 2 sets

## **Carry and Grind**

For Quality

Row 25/20 Cals

50m Filly Carry R (53/35lbs)

10 KB Suitcase Deadlifts

50m Filly Carry L (53/35lbs)

rest 90sec

Row 25/20 Cals

30m Filly Carry R (53/35lbs)

7 KB Suitcase Deadlifts

30m Filly Carry L (53/35lbs)

## **Cooldown**

\*On all stretches. FOCUS, breathe deep, exhale slowly and sink into the stretch. I am sure the first 15–30 sec of the stretch will require some fidgeting, but once you find a good spot, relax deeply.

1) Piriformis Wall Stretch x 1 min/side

\*Keep arch in the low back to maximize glute stretch.

2) Saddle Pose x 1 min

\*Progress to reclining hero pose to increase stretch.

3) Couch Stretch x 2 min/side

\*Bring glutes to the foot to increase quad stretch; bring glutes away from foot to increase hip flexor stretch.

**P U M P - S A T U R D A Y 9 / 2 4**

## **Warmup**

2–3 sets

1. Cardio 60sec – Bike/Row/Run/Ski/Sled Option

2. Yoga Complex

-Inchworm x 5

-Yoga Pushup x 5

3. Passive Hang x 30–60 sec

\*Yoga Complex: Try to perform the yoga complex without stopping. Do not rush through the movements. The slower you perform these movements, the more the shoulders will be forced to stabilize. This will prepare the shoulder appropriately for the work to come.

### **Pre Fatigue**

2 Sets

Bike 30sec High Effort

-rest 15sec-

12 Quadruped Plank Shoulder Taps

12 Body Rows

rest 60sec

The intention with your Pre-Fatigue Pump is to get lower weight, high rep, and blood flow to the muscle tissue. This is an extension of the warm-up. The focus of the Pre-Fatigue goes beyond the range of motion priority and small muscle activation of your Warm-Up.

### **Intensity SuperSet**

EMOM x 6mins

Glute Bridge Single-Arm Dumbbell Bench Press 6–8 reps @ 20X0

\*Switch arms each minute

rest 1–2mins

EMOM x 6mins

Chainsaw Dumbbell Row 6–8 reps @ 20X0

\*Switch arms each minute

\*Moderate loading today

### **Strength Balance Super Set**

2 Sets for Quality

1st – Strict Handstand Push Up or Pike Strict Handstand Push Up 20X0 × 5–7reps

rest 30sec

2nd – Dumbbell Pull-Over; 2010 × 6–8reps

rest 60–90sec and back to 1st

### **Fatigued Abdominals**

6mins AMRAP

2–4–6–8–10....increase by 2 reps every round

Wtd Hanging Knee Tuck 25/10lbs  
\*5 DB Push Press (lightweight) Each Round

## Cooldown

\*On all stretches. FOCUS, breathe deep, exhale slowly and sink into the stretch. I am sure the first 15–30 sec of the stretch will require some fidgeting, but once you find a good spot, relax deeply.

2 sets

1) Thread the Needle x 1 min/side

\*Lean into the arm to stretch through the backside of the shoulder.

2) Anterior Chain Stretch R x 1 min/side

\*Aim to get as much length as possible through the quads, hip flexors, abdominal muscles, and lats.

3) Bench Shoulder Flex with Thoracic Mobilization x 1 min

\*Minimize low back movement. Allow the shoulders to rotate naturally.

**\*\* Enjoy your Benchmark Week! Challenge yourself and return to the next few workouts on Monday, October 3 in place of the first 3 days of programming in TrueCoach for the new cycle. \*\***

## P U M P - M O N D A Y 1 0 / 3

### Warmup

2 sets

1. Cardio 60sec – Bike/Row/Run/Ski/Sled Option

2. Straight Arm Shoulder Rotations x 5–10 reps/side

3. Shoulder Extension Bridge x 5–10 reps

\*Go slow and hold the stretch position as needed if it feels good.

### Pre Fatigue Pump

2 Sets

15 Straight Arm Banded Lat Pull Down

15 Banded Upright Rows

15 Yoga Push Ups

\*rest as needed between exercises, keep the weights light for all 3 movements

The intention with your Pre-Fatigue Pump is to get lower weight, high rep, and blood flow to the muscle tissue. This is an extension of the warm-up. The focus of the Pre-Fatigue goes beyond the range of motion priority and small muscle activation of your Warm-Up.

### **Intensity Superset**

EMOM x 8mins

1st – Barbell Z Press 30X0 × 6–8 Sets

2nd – RNT Single Arm Dumbbell Row 20X0 × 6/arm

\*You will perform 4 sets of each movement. Make your effort 7/10 RPE

### **Strength Balance Superset**

Every 75sec x 6 Sets

1st – Tall Incline KB Press @ 21X0 × 8–10reps (use approximately a 60–75 degree incline)

2nd – Bent Over DB Reverse Fly @ 20X0 × 12reps

\*Find a weight that feels about 6–7/10 on the RPE scale and use it across all sets. Reps will increase in the weeks to come

How to time your working sets:

0–1:15 – Set 1 Exercise (A)

1:15–2:30 – Set 1 Exercise (B)

2:30–3:45 – Set 2 Exercise (A)

3:45–5:00 – Set 2 Exercise (B)

5:00–6:15 – Set 3 Exercise (A)

6:15–7:30 – Set 3 Exercise (B)

### **Push and Pull Carries**

3 Sets

6–8 Strict Pull-Ups @ 20X0

40m KB Front Rack Carry Moderate

Row 500/400m Moderate Effort

rest walk 90–120sec between sets

### **Cooldown**

\*On all stretches. FOCUS, breathe deep, exhale slowly and sink into the stretch. I am sure the first 15–30 sec of the stretch will require some fidgeting, but once you find a good spot relax deeply.

1) Twisted Cross x 1 min/side

\*Aim to stretch from shoulder to opposite hip.

2) Child's Pose with Lat Stretch x 1 min/side

\*Lean into the armpit to increase stretch sensation.

3) Passive Hang x 1 min

\*Support the feet as necessary to take load off of the shoulders.

## P U M P - T U E S D A Y 1 0 / 4

### **Warmup**

2 sets

1. Cardio 60sec – Bike/Row/Run/Ski/Sled Option

2. Shinbox Switch x 5/side

3. Elephant Walk Step x 10/side

### **Pre Fatigue Pump**

2 Sets

Right Leg Single Leg Standing Calf Raise 10/leg

Left Leg Single Leg Standing Calf Raise 10/leg

Tibialis Raise x 15reps

Lateral Band Walk x 20 Right

Lateral Band Walk x 20 Left

The intention with your Pre-Fatigue Pump is to get lower weight, high rep, and blood flow to the muscle tissue. This is an extension of the warm-up. The focus of the Pre-Fatigue goes beyond the range of motion priority and small muscle activation of your Warm-Up.

### **Intensity Superset #1**

Every 3mins x 2 Sets

Barbell Hip Thrust 20X0 × 6–8reps

-immediately into-

Russian KBS x 12–15reps

\*Make your last set of Hip Thrusts 8/10 RPE

### **Intensity Superset #2**

Every 3mins x 2 Sets

Back Rack Drop Lunge 20X1 × 4/leg

-immediately into-

RFE Split Jumps x 15sec/leg

\*Make your first set of Lunges 7/10 RPE. Increase effort on your last 3 sets if you can.

### **Interval Weight Training – Fatigued Hips**

Every 4mins x 2 Sets  
15 Dumbbell Power Cleans  
10 Alternating Single Arm Devils Press  
250m/200m Row

### **Cooldown**

1. Pigeon Stretch x 1 min/side
2. Pancake Stretch x 1 min R, 1 min L, 1 min Center
3. Pike Stretch x 1 min

## **P U M P – W E D N E S D A Y 1 0 / 5**

### **Warmup**

- 2 sets
1. Cardio 60sec – Bike/Row/Run/Ski/Sled Option
  2. Blackburns x 10 reps  
\*Go slow to make this more challenging.
  3. Beast to Sit Through x 5 reps/side  
\*Go SLOW to warmup the shoulders and spine.

### **Hot Start – Interval Weight/Gymnastics**

Every 3mins x 3 Sets  
40sec Bike @ 80%  
10 Landmine Oblique Twists 5/side  
6–8 Hand Release T Push-ups  
10 Landmine Goblet Press Out 5/side

Hot Start Note – This format is designed to get your breathing rate up just before you move into some more isolated core and upper body pushing movements. You should have roughly 1 minute of rest between the start of each set.



## **DENSITY CHIPPER**

For Quality

50 Narrow Grip DB Floor Press

50 Narrow Grip DB Bent Over Row

40 Crush Grip JM Press

30/arm DB Hang Clean High Pull

80 DB Russian Twists

\*Suggested Dumbbell Loads – 35/20lbs

## **Aerobic Bodybuilding – Biceps and Shoulders**

12mins Continuous Clock

Row 30/24 Calories @ moderate pace

15 KB Horn Grip Bicep Curls 20X0

15 KB Horn Grip Shoulder Front Raise

## **Cooldown**

2–3 sets

1. Seal Stretch x 30 sec

2. Downdog Stretch x 30 sec

3. Childs Pose Reach Through x 30 sec/side