

Workout Wisdom

Unlock the secrets to improving your health, wellness, and, fitness! Each month our team highlights different concepts and exercises that can safely and effectively enhance your current fitness routine.

-It's time to nudge that progress needle a little bit further!

-Busting Through Plateaus-



Why Plateaus Happen?

- There are a couple of reasons for why we may stop making progress with our fitness efforts. (1) We are not getting the proper recovery between workouts. (2) Our body has successfully adapted to the current training stimulus. So, how do we modify our approach to unlock new achievements?



VARIATION

- Using exercise variations can train similar movement patterns with modifications to muscular contractions and firing sequences. Think "back squat vs front squat" or "barbell press vs dumbbell press".



ALTERNATION

- Alternating workout and exercise intensity can give the body and muscular systems a broader stimulus without risking too much overlap. Think "1 week of 12 reps per set followed by 1 week of 6 reps per set".



DELOAD!

- Including the occasional deload week of zero to minimal training lets the body and neurological systems reach full recovery. This actually increases our performance and reduces the risk of compounding stress injuries.



A Quick Example

- **6 Week - Conventional Deadlift Plateau Strategy**
 - Wk 1: Sumo Deadlift (4 sets x 8 reps)
 - Wk 2: Conventional Deadlift (4 sets x 4 reps)
 - Wk 3: Sumo Deadlift (4 sets x 6 reps)
 - Wk 4: Conventional Deadlift (4 sets x 3 reps)
 - Wk 5: Deload Week (No Deadlifts)
 - **Wk 6: **1-Rep Max Re-test****

By alternating the exercise and lifting volume each week; the body can recover better while slightly different angles and muscles are being trained. A deload week ensures maximal recovery for the muscles and central nervous system (CNS) leaving the body primed for week 6's 1-rep max session to attempt a new 1-rep max personal best.