

# POSTERIOR CHAIN ACCESSORY PLAN

WEEK 1			
DAY	MOVEMENT	SETS X REPS	NOTES
MONDAY	BACK RACK LUNGES	4X8 STEPS EACH SIDE	HEAVY
WEDNESDAY	TEMPO BACK SQUAT	4X15	LIGHT - SLOW REPS/ MIDLINE FOCUS
SATURDAY	PENDLAY ROWS	4X15	LIGHT ENOUGH TO MOVE QUICK - SCAP FOCUS
	WALL SITS	ACCUMULATE 7 MINUTES	20 MINUTE CAP

WEEK 2			
DAY	MOVEMENT	SETS X REPS	NOTES
MONDAY	RDL	4X8	HEAVY
WEDNESDAY	GHR	4x12	Rest 3 Minutes
SATURDAY	TEMPO DEADLIFT	4X15	LIGHT - SLOW REPS/MIDLINE FOCUS
	LUNGE HOLDS	ACCUMULATE 3 MINUTES PER LEG	20 MINUTE CAP

WEEK 3			
DAY	MOVEMENT	SETS X REPS	NOTES
MONDAY	BACK RACK LUNGES	4X10 STEPS EACH SIDE	HEAVY
WEDNESDAY	TEMPO BACK SQUAT	4X20	LIGHT - SLOW REPS/ MIDLINE FOCUS
SATURDAY	PENDLAY ROWS	4X15	LIGHT ENOUGH TO MOVE QUICK - SCAP FOCUS
	WALL SITS	ACCUMULATE 7 MINUTES	20 MINUTE CAP

WEEK 4			
DAY	MOVEMENT	SETS X REPS	NOTES
MONDAY	RDL	4X10	HEAVY
WEDNESDAY	GHR	4x15	Rest 3 Minutes
SATURDAY	TEMPO DEADLIFT	4X20	LIGHT - SLOW REPS/MIDLINE FOCUS
	LUNGE HOLDS	ACCUMULATE 3 MINUTES PER LEG	20 MINUTE CAP

WEEK 5			
DAY	MOVEMENT	SETS X REPS	NOTES
MONDAY	BACK RACK LUNGES	4X12 STEPS EACH SIDE	HEAVY
WEDNESDAY	TEMPO BACK SQUAT	4X25	LIGHT - SLOW REPS/ MIDLINE FOCUS
SATURDAY	PENDLAY ROWS	4X15	LIGHT ENOUGH TO MOVE QUICK - SCAP FOCUS
	WALL SITS	ACCUMULATE 7 MINUTES	20 MINUTE CAP

NOTES
For this plan to work the way it's intended, you need to purposely make these movements more challenging than they are mid workout. A big focus of any accessory plan is the development of connective tissue, and to ensure we are building it, you need to intensely engage every muscle anywhere near the intended target. Any hold work should be doable for 45 to 90 seconds at a time. The goal of any repeats is to take less time to complete while attacking larger sets.

