UPPER BODY STABILITY ACCESSORY PLAN

WEEK 1

DAY	MOVEMENT	SETS X REPS	NOTES
MONDAY	STRICT PULL-UPS	50 REPS	KEEP SETS AND REST EQUAL 12 MINUTE CAP
WEDNESDAY	HANDSTAND HOLD	ACCUMULATE 7 MINUTES	20 MINUTE CAP
SATURDAY	PUSH UPS	100 REPS	KEEP SETS AND REST EQUAL 10 MINUTE CAP
	FARMERS CARRY	ACCUMULATE 7 MINUTES	20 MINUTE CAP

WEEK 2

DAY	MOVEMENT	SETS X REPS	NOTES
MONDAY	STRICT HSPU	75 REPS	KEEP SETS AND REST EQUAL 15 MINUTE CAP
WEDNESDAY	FARMERS CARRY HEAVY	ACCUMULATE 5 MINUTES	20 MINUTE CAP
SATURDAY	STRICT CTB PULL-UPS	50 REPS	KEEP SETS AND REST EQUAL 15 MINUTE CAP
	ARMS UP PLANK HOLD	ACCUMULATE 7 MINUTES	20 MINUTE CAP

WEEK 3

DAY	MOVEMENT	SETS X REPS	NOTES
MONDAY	STRICT PULL-UPS	50 REPS	KEEP SETS AND REST EQUAL 12 MINUTE CAP
WEDNESDAY	HANDSTAND HOLD	ACCUMULATE 7 MINUTES	20 MINUTE CAP
SATURDAY	PUSH UPS	100 REPS	KEEP SETS AND REST EQUAL 10 MINUTE CAP
	FARMERS CARRY	ACCUMULATE 7 MINUTES	20 MINUTE CAP

WEEK 4

DAY	MOVEMENT	SETS X REPS	NOTES
MONDAY	STRICT HSPU	75 REPS	KEEP SETS AND REST EQUAL 15 MINUTE CAP
WEDNESDAY	FARMERS CARRY HEAVY	ACCUMULATE 5 MINUTES	20 MINUTE CAP
SATURDAY	STRICT CTB PULL-UPS	50 REPS	KEEP SETS AND REST EQUAL 15 MINUTE CAP
	ARMS UP PLANK HOLD	ACCUMULATE 7 MINUTES	20 MINUTE CAP

WEEK 5

DAY	MOVEMENT	SETS X REPS	NOTES
MONDAY	STRICT PULL-UPS	50 REPS	KEEP SETS AND REST EQUAL 12 MINUTE CAP
WEDNESDAY	HANDSTAND HOLD	ACCUMULATE 7 MINUTES	20 MINUTE CAP
SATURDAY	PUSH UPS	100 REPS	KEEP SETS AND REST EQUAL 10 MINUTE CAP
	FARMERS CARRY	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. Equal sets and rest means each set should be the same amount of reps and the rest between sets should remain similar. That typically means smaller set and larger rest at the beginning than you think you need.

MISFIT ATHLETICS