



SAMPLE WEEK

RX ACCESSORY PROGRAM

You can schedule when you do which day.

If you have a gymnastic WOD --> lowerbody or upperbody
Had little fitness? --> Conditioning day
A WOD with lots of legs? --> Gymnastics
A Heavy Day? --> Lower or upperbody

Ask the coach of your WOD what is wisely to train after or before the WOD.

DAY 1 (upper body)

Warming Up

2 Sets

10 Pass Tru

10 Ring Rows (easy)

:10 sec deadhang hold

10 Scapula Pull Ups // or in rings!

No Rest

2 Sets

10/10 Single Arm DB Row LIGHT

20 Banded Pull Downs (okay-hard resistance)

Rest as needed

Pull Up Strength

Choose on of the options which suits your skill-level at the moment.

Option 1:

4 Sets

8-12 Unbroken Strict Pull Ups

Rest 2:00

Option 2:

4 Sets

6-8 Banded Unbroken Strict Pull Ups as hard as possible

Rest 2:00

Option 3:

5 Sets

6-8 Feet Elevated Ring Rows

Rest 2:00

Pull Up Strength Assistance Work

3 Sets

10-12 DB Rows w/ Knee on bench as heavy as possible

12+ DB Pull Overs

rest 1:30

3 Sets

:10 sec chin over bar hold

12/12 Single Arm banded lat pull down

rest 2:00



Grip Strength + Arms

4 Sets

:30 sec plate/DB pinch grip hold

15 DB Hammer Curls

Rest 1:30

DAY 2 (LOWER BODY)

Warming Up

2 Sets

10 Squat to Stands

10/10 Banded Side Step

:30 seconds 90/90 hip openers

10 Air Squats (slow and steady)

Mobility (optional)

- Elevated Pigeon Pose

Hold for :30 sec each side for 2 sets.

Cyclist Front Squats

- Place your feet on a 10KG plate for more ankle mobility and a better isolation of the quads.

Loading Sets

3 Sets

6-8 Front Squats @RPE4-5-6

Working Sets

3 Sets

4-6 Front Squats @RPE8 (keep 2 in the tank)

Rest 2:00 - 3:00 between sets

- Heavier than last week! (with a max of 5KG)

- This should feel hard, the final 2 reps are a hard but okay.

2 Sets

15 Front Squats @RPE7

Rest 2:00

No barbell?

Replace with KB Front Rack Squats

Squat assistance work

3 Sets @RPE8

12/12 Single Leg Squat to bench (move down with 1, stand up with 2)

20 Dual DB Romanian Deadlifts

Rest 2:00

Accessory

2 sets

25 Single Leg Hip Thrusters each side

2:00 wall sit



DAY 3 (GYMNASTICS)

Warm Up

2 Sets

10 Banded Pass Tru's
10 Banded Pull Aparts
5-8 Scap Push Ups
5-8 Scap Pull Ups
:30 sec of hollow rocks

Bar Muscle Up + Dip Strength & Stamina

3 Sets

:20 sec false grip bar hold
10x Beat Swings as pretty as possible
:20 sec top support ring dip hold
10 Push Ups

3 Sets

5-8x PVC To Hollow Snap
3-5 Hollow Jump In Rigs + Arch

EMOM 6-8

Bar Muscle Ups

- Full BMU
- Transitions in low bar

Choose one option you can hold onto for your capacity each minute on the minute.

Strength Work

For Completion

5-4-3-2-1 Strict Chest 2 Bar Pull Ups (weighted, BW, banded)

After each set perform

12 Dual KB Gorilla Rows

12 KB Pull Overs

rest 1:30 - 2:00

Assistance Work

3 Sets

20 PVC Banded Lat Pull Downs

12-15 DB Skull Crushers

Rest 2:00



DAY 4 (CONDITIONING)

Warming Up With a Machine of Choice!

5 Minute Steady State Cardio

- Every last 10 sec of each minute, put in a little sprint effort.

Stretch / Foam Roll

- Hamstrings
- Lower Back
- 90/90 Hip openers
- Pigeon Pose
- Downward Dog to Cobra

PowerHour

2 Sets for time

100 Calorie Echo Bike

50 Burpees over barbell or paralettes

100 Calorie SkiErg

1000M Run

- Rest 5 minutes between sets

All on a comfortable pace.

If you think you are dying, you are going way to hard!

Options

Echo Bike --> Rower

SkiErg --> Rower // C2 Bike

Running --> 500M KettlebellWalk

DAY 5 (CORE DAY)

Warming Up

1 MIN: Straight Leg Sit Ups

1 MIN: Back Extensions (GHD, Medball or superman arches)

1 MIN: Low to High Plank

Dynamic Core Work

3 Sets

5/5 Turkish Get Ups As Heavy As Possible

50M Overhead KB Carry As Heavy As Possible

30 Banded Deadbugs as slow & controlled as possible

Core Conditioning

EMOM 10

15 GHD Sit Ups

OR

EMOM 10

15-20 V-Ups