Posterior Chain Accessory Plan

Week 1

|  |  |  |  |
| --- | --- | --- | --- |
| Day  | Mvt | Sets x Reps  | Notes  |
| Monday  | Back Rack Lunges  | 4x8 Steps per side  | Heavy  |
| Wednesday | Tempo Back Squat  | 4x15  | Light – 3330  |
| Saturday | Pendlay Row  | 4x15  | Light – Focus on scaps  |
|  | Wall Sits  | Accumulate 7 Min  |  |

Week 2

|  |  |  |  |
| --- | --- | --- | --- |
| Day  | Mvt  | Sets x Reps  | Notes  |
| Monday  | RDL | 4x8  | Heavy  |
| Wednesday  | GHR | 4x12 | Rest 3 min  |
| Saturday  | Tempo Deadlift  | 4x15  | Light – 3030 |
|  | Lunge Hold  | Accumulate 3 Min  |  |

Week 3

|  |  |  |  |
| --- | --- | --- | --- |
| Day  | Mvt | Sets x Reps  | Notes  |
| Monday  | Back Rack Lunges  | 4x10 Steps per side  | Heavy  |
| Wednesday | Tempo Back Squat  | 4x20 | Light – 3330  |
| Saturday | Pendlay Row  | 4x15  | Light – Focus on scaps  |
|  | Wall Sits  | Accumulate 7 Min  |  |

Week 4

|  |  |  |  |
| --- | --- | --- | --- |
| Day  | Mvt  | Sets x Reps  | Notes  |
| Monday  | RDL | 4x10 | Heavy  |
| Wednesday  | GHR | 4x15 | Rest 3 min  |
| Saturday  | Tempo Deadlift  | 4x20 | Light – 3030 |
|  | Lunge Hold  | Accumulate 3 Min  |  |

Week 5

|  |  |  |  |
| --- | --- | --- | --- |
| Day  | Mvt | Sets x Reps  | Notes  |
| Monday  | Back Rack Lunges  | 4x12 Steps per side  | Heavy  |
| Wednesday | Tempo Back Squat  | 4x25 | Light – 3330  |
| Saturday | Pendlay Row  | 4x15  | Light – Focus on scaps  |
|  | Wall Sits  | Accumulate 7 Min  |  |

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.