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4 Week Accessory Strength and Conditioning Program

This program is designed to help build balanced, full-body strength while developing a conditioning base over the course of 4 weeks. The movements are designed to fix muscle imbalances and build complete strength. It is low impact by design and is also a great way to gradually reintroduce training intensity and volume for individuals recovering from minor injuries or periods of over-training/low recovery. All questions can be sent directly to:

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Note about program structure: The program is written for 6 days per week with alternating upper/lower body days and one weekly day of active recovery. Please treat the recovery day as such and keep intensity low.

Note about tempo notation: Example: 23x1

The tempo notation used refers to the 4 portions of a movement. The first number is the eccentric (often the lowering) portion; for example, the lowering to the bottom in a squat. The second number is the pause at the end of that eccentric portion. In this case, this pause is 3 seconds. The third number refers to the concentric, or explosive, portion. In

this case, the 'x' means explosive or as fast as possible. The last number is the pause at the end of the concentric portion and is often simply the pause between reps.

Note about Crossover Symmetry: The Crossover Symmetry system is included as a warm-up in a lot of the programming. If you do not have access to one of these systems, substitute 3-4 sets of 10 external rotations ea arm, 10 internal rotations ea arm and 10 reverse flies all at a light/manageable weight.

WEEK 1

Monday (upper)

Warm-up:

Crossover symmetry activation sequence

2 sets of:

10 Half kneeling Pallof press ea (down knee closest to band)

10 Supinated ring rows

10 light DB Cuban press ea arm

A1. Semi-supinated DB incline bench @ 20x0 (keep DB's just above chest at bottom): 4x6-8

A2. Supinated Axel bar row @ 20x1: 4x8-10

B1. Bottoms-up KB press with KB front-racked on opposite side: 3x5-6 ea side

B2. Pronated DB reverse fly: 3x10-12

C.

AMRAP 12 minutes of:

Ski 250m

15 Burpees

10 KB snatch (from hang, 5 ea arm)

Tuesday (lower)

Warm-up:

3 sets of:

Bike 15/10 Cal

20 unweighted box step-ups

A. Front squat @ 32x1 tempo: 4x4 moderately heavy

B1. Lateral DB/KB box step-up: 3x6 ea leg challenging

B2. Wall-assisted single-leg RDL: 3x6-8 ea leg

B3. Banded lateral walk: 3x12-15 ea direction

C.

5-6 sets of:

:20 bike sprint

Rest :30

10 Double DB deadlift (heavy)

10 Russian KB swing (heavy)

Rest 90 seconds

Wednesday (endurance/volume)

Warm-up:

3 sets of:

10 OH squat with band

10 OH squat banded walk ea direction

10 active banded lunge stretch ea side

A1. Single arm OH split squat @ 21x1 (DB/KB in same hand as rear leg): 4x6-8 ea

A2. Cable tower/banded face pull with 1s pause ea rep: 4x10-12

B:

AMRAP 20 of:

5 strict pull-ups (thumb around, hand over bar)

10 push-ups

20 alternating lunges

C.

2-3 sets of:

:30 OH squat bottom hold (empty bar)

:45-:60 ring plank with turnout

Thursday (Active recovery)

Warm-up:

3 sets of:

10 Hanging shoulderblade retractions

20 toe touches + overhead reach

20m overhead carry ea arm

A.

10 sets of:

:30 Bike

Rest :30

:30 Ski

Rest :30

:30 run

Rest :30

B.

Crossover symmetry

3x20m bottoms-up KB carry ea arm (shoulder height)

C. Mobility on hips and shoulders

Friday (upper)

Warm-up:

Crossover symmetry

3 rounds of:

5 light half kneeling bottoms up KB press ea

10 ring push-ups

5 strict pull-ups

A. Bamboo bar bench press @ 21x1: 4x5-7 challenging

B1. Single arm DB/KB upright row: 3x8 ea

B2. Strict pull-up @ 21x2: 3x Max without failure

B3. BTN snatch-grip barbell press @ 21x2: 3x5-7

C.

6x500m ski, rest :30

Saturday (lower)

Warm-up:

3 sets of:

10 side plank clam shell ea

15 Banded good-morning

10 light DB thrusters

A1. Barbell Kang squat: 4x5

A2. Seated box jump: 4x5

B1. Back-racked barbell Cossack squat with 1s pause: 4x5 ea

B2. Russian KB swing: 4x10-12 heaviest possible

C.

For max calories:

1 minute bike, rest :30

2 minute bike, rest 1 minute

3 minute bike, rest 90 seconds

2 minute bike, rest 1 minute

1 minute bike, rest 1 minute

1 minute bike sprint

Sunday

REST

WEEK 2

Monday (upper)

Warm-up:

Crossover symmetry activation sequence

2 sets of:

20 plank shoulder taps (tap right hand to left shoulder, left hand to right)

10 Supinated ring rows

10 barbell Cuban press with light bar

A1. Semi-supinated DB incline bench @ 20x0 (keep DB's just above chest at bottom): 4x5-7 heavier than last week

A2. Supinated Axel bar row @ 20x1: 4x8 heavier than last week

B1. Bottoms-up see saw press: 3x5 ea arm (10 total)

B2. Single arm Russian KB swing: 3x10 ea arm heavy

C.

4 rounds of:

5 DB hang clean push press right

10 OH lunge steps right

10 lateral burpees over DB

5 DB hang clean push press left

10 OH lunge steps left

10 lateral burpees over DB

Tuesday (lower)

Warm-up:

Bike 3 minutes moderate

5 world's greatest ea side

15 double KB front squat

10 double KB tall kneeling to standing

A. Front squat @ 32x1 tempo: 4x4 heavier than last week

B1. Lateral DB/KB box step-up: 3x5 ea leg heavier than last week

B2. Wall-assisted single-leg RDL: 3x5-7 ea leg heavier than last week

B3. Banded glute bridge @ 2020: 3x12

C.

5 sets of:

15/10 Cal bike

20 Double DB front rack lunge steps

Rest 90 seconds

Wednesday (endurance/volume)

Warm-up:

3 sets of:

10 OH squat with band

10 OH squat banded walk ea direction

10 light single arm DB/KB OH lunge ea

A1. Single arm OH split squat @ 21x1 (DB/KB in same hand as rear leg): 4x5-7 ea heavier than last week if possible

A2. Cable tower straight arm press-down @ 20x0: 4x10-12 challenging

B.

3 rounds for time of:

Row 300/250m

5 DB Renegade rows

Rest 2 minutes

2 rounds for time of:

Row 300/250m

5 DB Renegade rows

Rest 2 minutes

1 round for time of:

Row 300/250m

5 DB Renegade rows

C.

2-3 sets of:

:30 OH squat bottom hold (light)

10-12 ring plank body saw

Thursday (Active recovery)

Warm-up:

3 sets of:

10 DB snatch alternating (moderate)

20m overhead carry ea arm

15 scapular push-ups from forearms

A.

5 sets of:

3-minute bike moderately hard

Rest 90 seconds

B.

Crossover symmetry

3x20m bottoms-up KB carry ea arm (shoulder height)

C. Mobility on hips and shoulders

Friday (upper)

Warm-up:

Crossover symmetry

3 rounds of:

5 light half kneeling bottoms up KB press ea

10 ring push-ups

10 ring V-outs

A. Bamboo bar bench press @ 21x1: 4x6-8 at last week's weight

B1. Single arm DB/KB upright row: 3x9 ea at last week's weight

B2. Weighted strict pull-up: 3x3-5 challenging

B3. BTN snatch-grip barbell press @ 21x2: 3x4-6 heavier than last week

C.

10 rounds of:

10/8 Cal ski

2 Hollow wall climbs

Rest 1 minute

Saturday (lower)

Warm-up:

3 sets of:

10 side plank clam shell ea

15 Banded good-morning

10 single leg squat from top of box ea (tap heel to floor behind front leg)

A1. Barbell Kang squat: 4x5 slightly heavier than last week

A2. One-step single leg box jump: 4x5 ea leg

B1. Back-racked barbell Cossack squat with 1s pause: 4x5 ea

B2. KB alternating Sott's' press: 4x5 ea (10 total)

C.

4 rounds for time of:

Run 400m

- 10 Double DB front squats
- 10 Lateral burpee over DB's

Sunday

REST

WEEK 3

Monday (upper)

Warm-up:

Crossover symmetry activation sequence

2 sets of:

- 20 plank shoulder taps (tap right hand to left shoulder, left hand to right)
- 10 Supinated barbell presses (empty bar)
- 5 ring rows @ 5011

A1. Semi-supinated DB 1-1-2 bench (perform one rep on one arm, then other arm, then both together; non-working hand is at bottom): 4x5 challenging

A2. Supinated Axel bar row @ 20x1: 4x6 heavier than last time

B1. Bottoms-up see saw press: 3x6 ea arm (12 total) same weight as last time

B2. Single arm KB Hang snatch: 3x5 ea heavy (swing and punch with open hand)

C.

EMOM 18 of:

- a. Run 150m
- b. 10 DB snatch + thruster (5 ea arm)
- c. Ski 10/8 Cal

Tuesday (lower)

Warm-up:

3 sets of:

Bike 15/10 Cal

10 Air squats

3 world's greatest stretch ea side

+ 3x10 side plank clam shell ea mixed in

A. Front squat @ 32x1 tempo + front squat (no tempo), 2+1: 4 sets heavier than last week

B1. Double KB front rack tall kneeling to standing: 4x12 (6 ea leg) at last week's weight

B2. KB deadlift from deficit (4"): 4x10-12 heavy

C.

2 sets of:

Row 1k/750m

30 Burpees

Bike 2k/1500m

Rest 3 minutes

Wednesday (endurance/volume)

Warm-up:

3 sets of:

10 OH squat with band

10 OH squat banded walk ea direction

10 light single arm DB/KB OH lunge ea

A1. Single arm OH squat to low box: 4x5-7 ea arm

A2. Cable tower kneeling straight arm press-down @ 20x0: 4x10 heavier than last time

B.

For total time:

50/35 Cal row

50 Burpees over erg

** every 2 minutes, including start 5 strict chin-ups + 10 push-ups

C.

2-3 sets of:

5 slow OH squats (light)

:30 OH squat bottom hold (light)

Go right from last squat to hold, then rest as needed between sets

Thursday (Active Recovery)

Warm-up:

3 sets of:

Ski 300/250m

10 bottoms-up KB press ea arm

20m overhead bottoms-up carry ea arm

A.

EMOM 30:

a. :40 bike

b. 20m OH carry ea arm (heavy)

c. :40 ski

d. 12 pec fly moderate

e. :40 Burpees

f. 20 band pull-aparts

B.

Crossover symmetry

+ 3x10 ea arm light upright row

C. Mobility on hips and shoulders

Friday (upper)

Warm-up:

Crossover symmetry

3 rounds of:

5 light half kneeling bottoms up KB press ea

10 ring push-ups

:30 ring front plank

A. Barbell Bradford press: 4x8 moderate

B1. Weighted strict pull-up: 3x4-5 at last week's weight

B2. BTN snatch-grip barbell press @ 21x2: 3x3-5 heavier than last week

C.

AMRAP 7 of:

2 wall climb

1 Double DB Power Clean

1 Double DB front squat

1 Double DB push press

2 wall climb

2 of each

2 wall climb

3 of each

Continue in this pattern

Rest 3 minutes, then repeat AMRAP

Saturday (lower)

Warm-up:

3 sets of:

10 side plank clam shell ea

15 Banded good-morning

10 single leg squat from top of box ea (tap heel to floor behind front leg)

A1. Tempo back squat @ 2020: 4x7 slightly heavier than last week

A2. One-step box jump for height: 4x5 controlled step-down

B1. Back-racked barbell Cossack squat with 1s pause: 4x6 at last week's weight

B2. KB alternating Sott's press: 4x6 ea (12 total) heavier than last week

C.

6x500m row, rest 1 minute

WEEK 4

Monday (upper)

Warm-up:

Crossover symmetry activation sequence

2 sets of:

20 plank shoulder taps (tap right hand to left shoulder, left hand to right)

10 Supinated barbell presses (empty bar)

5 ring rows @ 5011

A1. Semi-supinated DB 1-1-2 bench (perform one rep on one arm, then other arm, then both together; non-working hand is at bottom): 4x6 at same weight as last time

A2. Prone DB row @ 20x1: 4x8 challenging

B1. Bottoms-up see saw press: 3x7 ea arm (14 total) same weight as last time

B2. Single arm KB Hang snatch: 3x6 same weight as last time

C.

Every 3 minutes for 6 sets:

10/8 Cal ski

5 DB burpee deadlifts (heavy)

10 Box jump step-down

Tuesday (lower)

Warm-up:

Bike 20/15 Cal

3 sets of:

10 reverse lunge with twist to front leg

3 world's greatest stretch ea side

10 active couch stretch (touch ground then wall above head)

+ 3x10 side plank clam shell ea mixed in

A. Front-foot elevated split squat (4"): 5x8 ea leg moderate

NOTE: Weight this by holding KB/DB's at sides.

B1. Double KB front rack tall kneeling to standing: 4x12 (6 ea leg) at last week's weight

B2. Barbell RDL @ 31x1: 4x6-8 challenging

C.

Every 5 minutes for 4 sets:

Bike 15/10 Cal

20 alternating DB snatch

10 lateral burpees over DB

Wednesday (endurance/volume)

Warm-up:

3 sets of:

20 unweighted step-ups (10 ea leg)

10 OH banded walk ea direction

10 light single arm DB/KB OH lunge ea

A1. Single arm OH split squat: 4x8 ea arm moderate

A2. Cable tower kneeling straight arm press-down @ 20x0: 4x8-10 heavier than last time

B.

For total time:

Row 1k-800m-600m-400m-200m

100-80-60-40-20 Double-unders

C.

2-3 sets of:

10 barbell OH walking lunges (5 ea leg)

:30 single leg wall-sit ea leg

Thursday (Active Recovery)

Warm-up:

3 sets of:

Ski 300/250m

10 bottoms-up KB press ea arm

20m overhead bottoms-up carry ea arm

A.

Every 3 minutes, alternating, for 10 sets (5 sets of each)

a. Run 200m + 4 DBall/sandbag over shoulder (challenging)

b. 10 lateral burpees over rower + 20/15 Cal row

B.

Crossover symmetry

+ 3x10 ea arm light upright row

C. Mobility on hips and shoulders

Friday (upper)

Warm-up:

Crossover symmetry

3 rounds of:

5 light half kneeling bottoms up KB press ea

10 ring push-ups

:30 ring front plank

A. Barbell Bradford press: 4x6-8 heavier than last time

B1. Weighted strict pull-up: 3x5-6 at same weight as last time

B2. BTN snatch-grip barbell press @ 21x2: 3x4-6 at same weight as last time

C.

AMRAP 20 of:

5 strict pull-ups

10 Push-ups

:10 single-arm ring plank ea

Saturday (lower)

Warm-up:

3 sets of:

10 side plank clam shell ea

15 Banded good-morning

10 single leg squat from top of box ea (tap heel to floor behind front leg)

A. Trap-bar deadlift: 5x5 heavy across with controlled lower (no sound on contact with ground)

B1. Single leg squat to box/bench: 4x8 ea (hold DB/KB in goblet position if possible; focus on control through full range-of-motion)

B2. DB walking lunge + single leg RDL: 4x6 ea leg (hold DB/KB ea hand)

NOTE: For B2, step forward performing a lunge; when you recover the feet, perform a single-leg RDL on the same leg that initially stepped forward. Repeat until you have completed 6 of these on each leg.

C.

8x500m row, rest 1 minute; same pace as last time

** rest 3 minutes after set 4