



# **HWPO**AFFILIATE

**ACCESSORY EXAMPLE DAY**

INTERACTIVE PDF

# SESSION 1 - UPPER BODY

## A. GENERAL

6:00 AMRAP

1:00 Machine

10 Plank up & Downs - [MOVEMENT DEMO](#)

10 Plank to Down Dog - [MOVEMENT DEMO](#)

15 Hollow Body Rocks

## B. MOBILITY / ACTIVATION

2 sets:

10 Scorpion Stretch - [MOVEMENT DEMO](#)

5 Band Chest Press & Protraction - [MOVEMENT DEMO](#)

Ramp up & Set-up for Accessories

## ACCESSORY 1: UPPER BODY PUSH + PULL, OPEN CHAIN

4-5 Sets

12/12, Alternating Dumbbell Bench Press

12/12 Dumbbell Lateral Raises + Iso Hold

Rest 2:00

### MOVEMENT DEMOS:

[ALTERNATING DUMBBELL BENCH PRESS](#)

[DUMBBELL LATERAL RAISES + ISO HOLD](#)

**GOAL: UPPER BODY PRESSING STRENGTH: PECTORALS, TRICEPS, LATS, FRONT DELTOIDS**

**TIMING:** 13-16:00

**SPECIFIC:** We're using an Iso-Dynamic upper body pressing movement today to help isolate a possible strength imbalance between both arms but also train stability and coordination. Iso-dynamic is fancy talk for holding one limb in an isometric position and moving the opposite limb. The number of reps we have here is quite high so we can't expect members to move extremely heavy weights.

### ALTERNATING DUMBBELL BENCH PRESS:

- Members need to set their shoulders into the bench and maintain pressure there by anchoring their feet down into the ground with their glutes in contact with the bench.
- The dumbbell being held up should be stable and stay above the chest.

### DUMBBELL LATERAL RAISES + ISO HOLD:

- The arm staying up needs to stay at shoulder height.
- The working arm must match the height of the arm that is maintained high.
- We can see a very slightly bent elbow but overall the arms are both straight.

## ACCESSORY 2: HORIZONTAL PULL, CLOSED CHAIN

4-5 Sets

12/12, Alternating Dumbbell Bench Press

12/12 Dumbbell Lateral Raises + Iso Hold

Rest 2:00

### MOVEMENT DEMOS:

SINGLE ARM KB/DB ROW, DEADSTOP

REVERSE SNOW ANGELS

**GOAL: PULLING STRENGTH: LATS, TRAPS, RHOMBOIDS, REAL DELT**

**TIMING: 10-12:00**

**SPECIFIC:** Today's second piece of accessories is hitting the upper back. We want to see members focusing on engaging the lats in the pull and having good control over the scapular area. This superset is great to help with posture and scapular control which is very important in our daily training.

#### SINGLE ARM KB/DB ROW, DEADSTOP:

- Members will start this movement with the DB of the KB settled on the ground (or a raised surface).
- To initiate, athletes need to make sure their shoulders stay low and the elbows pull pointing backwards and not to the side.
- The KB or DB stays inline with the body and the hand ends roughly below the chest near the ribs.
- Tactile cues here can help members feel the lats since we often visualize them being higher up and only for vertical pulling.

#### REVERSE SNOW ANGELS:

- This movement is all about control. Members will need to be prone and face down close to the ground.
- We need to see a scapular retraction without spinal extension.
- We want members to move slowly and very methodically to try to get the most range of motion possible in their angel motion.

## ACCESSORY 3: CORE & BICEPS

AMRAP 10

10 Dumbbell Bicep Curls, light

10 Kettlebell Wrist Curls, light

20 Russian Twists, light

### MOVEMENT DEMOS:

#### DUMBBELL BICEP CURLS

#### KETTLEBELL WRIST CURLS

#### RUSSIAN TWIST

## GOAL: CORE BICEPS & WRISTS

**TIMING:** 10:00

**SPECIFIC:** This “AMRAP” is a flow that should be executed for quality.

We want to see members move with no swing on the bicep curls and very controlled range of motion on the wrists curls.

#### DUMBBELL BICEP CURLS:

- We want to see a light weight for members to keep moving throughout the 10 minutes.
- We're using the bicep curl for tendon health, not muscle growth.
- The palms should face up the entire rep.

#### KETTLEBELL WRIST CURLS:

- Even if they use a light kettlebell (or change plate) this movement will feel difficult since we're targeting a small muscle group.
- When holding the kettlebells, palms are facing each other using a neutral grip.

#### RUSSIAN TWIST:

- Members can have their feet up for added difficulty or set them down for more stability.
- We're doing 20 total reps meaning 20 touches to the ground.
- Members should have their shoulders follow the weight they're using (or their hands if they're unweighted).

## SESSION 2 - LOWER BODY

### A. GENERAL

Every 1:00 x 6

1: :45 Machine (Bike, Row, or Ski) or :45 Run

2: :45 Strict Burpees - [MOVEMENT DEMO](#)

3: :45 Glute Bridge

### B. MOBILITY / ACTIVATION

2 sets:

10/10 Banded Monster Walk (Forward & Backward) -

[MOVEMENT DEMO](#)

Ramp up & Set-up for Accessories

### ACCESSORY 1: LOWER BODY, QUAD DOMINANT

5 Sets

10-15 Spanish Squats

0:30-0:45 seconds Wall Sit

Rest 1:30-2:0

#### MOVEMENT DEMOS:

#### [SPANISH SQUAT](#)

#### [WALL SIT](#)

### GOAL: LOWER BODY STRENGTH: QUADS, GLUTES

**TIMING:** 17:00

**SPECIFIC:** Our first accessory session isolates the quads in their role of the knee extension and knee stability. While the spanish squat hits knee extension with much less strain than a traditional squat the wall sit will help with tendon strength and endurance.

#### SPANISH SQUAT:

- The Spanish Squat is used a lot in rehab and “prehab” programs because of its low stress on the knee joint but a high activation of the quads, mainly the VMO which is crucial for knee stability.
- Members will need to use a thick band to help support their body weight and maintain balance in their squat.
- There is no need to go too deep into this squat to get the desired benefit, 90 degrees or slightly slower will do.

#### WALL SIT:

- Members need to sit on the wall to a height they can tolerate to hold for up to 45 seconds. The lowest we’ll go is slightly below 90 degrees.
- Members can “sit back and relax” knowing that it doesn’t always have to hurt like crazy to get good results!

**ACCESSORY 2:  
UNILATERAL  
POSTERIOR CHAIN**

5 Sets

5 Glute Bridge Walk Outs, Slow  
15/15 Seated Band Hamstring  
Curls

Rest 2:00 Minutes Between Sets

**MOVEMENT DEMOS:**

**GLUTE BRIDGE WALK OUTS**

**GOAL: UNILATERAL LOWER BODY POSTERIOR CHAIN:  
HAMSTRINGS, GLUTES & LOW BACK (ERECTORS)**

**TIMING:** 12-15:00

**SPECIFIC:** The second set of accessories target antagonist muscle groups relative to the first. We want to see high quality movement despite the hamstring curls using a light band.

**GLUTE BRIDGE WALK OUTS:**

- Members need to focus on maintaining a high hip as they walk out.
- The walk out ends when the athlete feels the hamstrings cannot move any further. Some will walk close to full extension of the knee.
- 1 Walk out = Walking the feet out slowly to as much extension as they can then walk back the feet to the starting point.

**SEATED HAMSTRING CURLS:**

- Members want to have a good posture when seated and tension from a light band from the start of the rep.
- We should see dorsi flexion from start to finish to get more hamstring engagement.

## ACCESSORY 3: CORE - KNEE STABILITY

2-3 Sets

8-12/ Side Romanian Deadlift with  
Reach

8-12 Plank Unilateral Kettlebell  
Scissor

Rest 1:00-1:3

### MOVEMENT DEMOS:

#### ROMANIAN DEADLIFT WITH REACH

#### PLANK UNILATERAL KETTLEBELL SCISSOR

## GOAL: KNEE STABILITY & CORE

**TIMING:** 8:00

**SPECIFIC:** Our last Accessory piece of the day will have members fighting to maintain position. The Romanian deadlift with reach is about balance and the plank unilateral KB scissor is about maintaining position and resisting deviation in positioning. Members will focus a lot here, it will be as much mental as it will be physical.

#### ROMANIAN DEADLIFT WITH REACH:

- Members will hinge to learn forward, bringing their non working leg up high and trying to get as horizontal as possible and touch the ground as far as this position will allow them.
- Not only do we want to see a horizontal top position but we also want to see members maintain a straight back throughout the movement.
- The foot and the knee of the standing leg will be working very hard to maintain balance.

#### PLANK UNILATERAL KETTLEBELL SCISSOR:

- Members will set up in a plank position on the elbows. Feet can be as wide as members need for stability.
- Ideally, this will be performed on turf or with the kettlebell on a slider.
- Members will focus intensely on maintaining the good plank position while pushing out and pulling the kettlebell in.