

**MADE BY**  
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# **BASIC STRENGTH ACCUMULATION**

**8 WEEKS-3 DAYS  
2 MICROCYCLES**

## INTRO

BASIC STRENGTH  
ACCUMULATION PROGRAM

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Welcome into this 8 week program, we hope to help you with your CrossFit journey by handing this strength program to you.

This program can be used as an accessory program and should always be done in consultation with your coach. If you are injured we don't recommend you doing this program.

The progression overload is done in multiple ways:

- more weight
- more reps
- different tempo
- less rest

adhere to these progressions as much as possible

also if you like, follow us on social media so we can pay for our pizza...thanks.

youtube: AEXEL programming  
instagram: aexel\_programming  
facebook AEXEL programming  
tiktok: aexel\_crossfit

# WEEK 1

8 WEEK PROGRAM 3 DAYS PER WEEK

## DAY 1

FRONT SQUAT  
5 SETS - 8 REPS  
TEMPO 31X1  
@65-70% OF 1RM  
2-3 MIN REST

BENCH PRESS  
5 SETS - 8 REPS  
TEMPO 31X1  
@65-70% OF 1RM  
2-3 MIN REST 1

## DAY 2

ROMANIAN  
DEADLIFT  
4 SETS - 12 REPS  
TEMPO 21X1  
@45-50%  
OF 1RM DEADLIFT  
2-3 MIN REST

SEAL ROW  
5 SETS - 8 REPS  
TEMPO 20X1  
@HEAVY WEIGHT,  
IDEALLY AROUND  
20-30% OF 1RM  
DEADLIFT

## DAY 3

THRUSTER  
5 SETS - 6 REPS  
@60-70% OF 1RM  
FRONT SQUAT  
FOCUS ON SLOW  
DESCEND DURING  
THE PRESS

SUMO DEADLIFT  
HIGH PULL 5 SETS  
40 SEC ON / 2 MIN  
OFF MAX REP  
WHILE  
MAINTAINING  
QUALITY @35% OF  
1RM DEADLIFT

## NOTE:

if the weights feel heavy then make adjustments. This week is supposed to feel good and easy

# WEEK 2

8 WEEK PROGRAM 3 DAYS PER WEEK

## DAY 1

FRONT SQUAT  
5 SETS - 8 REPS  
TEMPO 31X1  
@67-72% OF 1RM  
2-3 MIN REST

BENCH PRESS  
5 SETS - 8 REPS  
TEMPO 31X1  
@67-72% OF 1RM  
2-3 MIN REST

## DAY 2

ROMANIAN  
DEADLIFT  
4 SETS - 12 REPS  
TEMPO 21X1  
@47-52% OF 1RM  
DEADLIFT  
2-3 MIN REST

SEAL ROW  
5 SETS - 7 REPS  
TEMPO 20X1  
@ADD A LITTLE  
WEIGHT  
COMPARED TO  
LAST WEEK

## DAY 3

THRUSTER  
5 SETS - 5 REPS  
@63-73% OF 1RM  
FRONT SQUAT  
FOCUS ON SLOW  
DESCEND DURING  
THE PRESS

SUMO DEADLIFT  
HIGH PULL  
5 SETS 30 SEC ON  
/ 2 MIN OFF  
MAX REPS WHILE  
MAINTAINING  
QUALITY @40%  
OF 1RM DEADLIFT

### NOTE:

This week we are going to make some small adjustments with the same exercises to make it a little more difficult. Slight increase in weights mostly.

# WEEK 3

8 WEEK PROGRAM 3 DAYS PER WEEK

## DAY 1

FRONT SQUAT  
4 SETS - 7 REPS  
TEMPO 31X1  
@70-75% OF 1RM  
2-3 MIN REST

BENCH PRESS  
4 SETS - 7 REPS  
TEMPO 31X1  
@70-75% OF 1RM  
2-3 MIN REST

## DAY 2

ROMANIAN  
DEADLIFT  
4 SETS - 9 REPS  
TEMPO 22X1  
@47-52% OF 1RM  
DEADLIFT  
2-3 MIN REST

SEAL ROW  
4 SETS - 9 REPS  
TEMPO 20X0  
@SAME WEIGHT  
AS LAST WEEK

## DAY 3

THRUSTER  
5 SETS - 4 REPS  
@65-75% OF 1RM  
FRONT SQUAT  
FOCUS ON SLOW  
DESCEND DURING  
THE PRESS

SUMO DEADLIFT  
HIGH PULL  
4 SETS 40 SEC ON  
/ 2 MIN OFF  
MAX REP WHILE  
MAINTAINING  
QUALITY @40%  
OF 1RM DEADLIFT

## NOTE:

notice the change in tempo for the romanian deadlifts

# WEEK 4

8 WEEK PROGRAM 3 DAYS PER WEEK

## DAY 1

FRONT SQUAT  
5 SETS - 6 REPS  
TEMPO 30X1  
@72-78% OF 1RM  
2-3 MIN REST

BENCH PRESS  
5 SETS - 6 REPS  
TEMPO 30X1  
@72-78% OF 1RM  
2-3 MIN REST

## DAY 2

ROMANIAN  
DEADLIFT  
4 SETS - 12 REPS  
TEMPO 20X1  
@55% OF 1RM  
DEADLIFT  
2-3 MIN REST

SEAL ROW  
4 SETS - 9 REPS  
TEMPO 20X0  
@SLIGHTLY MORE  
WEIGHT  
COMPARED TO  
LAST WEEK

## DAY 3

THRUSTER  
4 SETS - 5 REPS  
@65-75% OF 1RM  
FRONT SQUAT  
FOCUS ON SLOW  
DESCEND DURING  
THE PRESS

SUMO DEADLIFT  
HIGH PULL  
4 SETS 30 SEC ON  
/ 2 MIN OFF  
MAX REP WHILE  
MAINTAINING  
QUALITY @43% OF  
1RM DEADLIFT

### NOTE:

This is the last week of this microcycle, this means that next week you're gonna get some different exercises.



# WEEK 5

8 WEEK PROGRAM 3 DAYS PER WEEK

## DAY 1

BACK SQUAT  
4 SETS - 8 REPS  
TEMPO 31X1  
@70% OF 1RM  
3 MIN REST

INCLINE BENCH  
PRESS  
4 SETS - 8 REPS  
TEMPO 31X1  
@70% OF 1RM  
3 MIN REST

## DAY 2

DEADLIFT  
5 SETS - 6 REPS  
TEMPO 21X1  
(DEAD STOP N  
GO)  
@70% OF 1RM  
DEADLIFT  
2 MIN REST

UPRIGHT ROW  
4 SETS - 10 REPS  
@BARBELL

## DAY 3

GHD HIP  
EXTENSION HOLD  
+ DUAL DUMBBELL  
ROW  
4 SETS - 10 REPS  
TEMPO 20X1  
2-3 MIN REST

LUNGE THRUSTER  
WITH BARBELL  
EVERY 3 MIN X 5  
12 REPS  
(ALTERNATING  
LEGS, REVERSE  
LUNGE STYLE)

## NOTE:

The first week of the new microcycle, same things will from week one will apply now. This week should feel pretty easy.

# WEEK 6

8 WEEK PROGRAM 3 DAYS PER WEEK

## DAY 1

BACK SQUAT  
4 SETS - 7 REPS  
TEMPO 31X1  
@73% OF 1RM  
3 MIN REST

INCLINE BENCH  
PRESS  
4 SETS - 7 REPS  
TEMPO 31X1  
@73% OF 1RM  
3 MIN REST

## DAY 2

DEADLIFT  
5 SETS - 5 REPS  
TEMPO 21X1  
(DEAD STOP N  
GO)  
@73% OF 1RM  
DEADLIFT  
2 MIN REST

UPRIGHT ROW  
4 SETS - 8 REPS  
@BARBELL WITH  
HEAVIER  
WEIGHTS THAN  
LAST WEEK

## DAY 3

GHD HIP  
EXTENSION HOLD  
+ DUAL DUMBBELL  
ROW  
4 SETS - 11 REPS  
TEMPO 20X1  
2-3 MIN REST

LUNGE THRUSTER  
WITH BARBELL  
EVERY 2:30 MIN X  
5  
12 REPS  
(ALTERNATING  
LEGS, REVERSE  
LUNGE STYLE)

### NOTE:

Second week of the micro cycle, slowly putting some progressive overload into the program.



# WEEK 7

8 WEEK PROGRAM 3 DAYS PER WEEK

## DAY 1

BACK SQUAT  
4 SETS - 7 REPS  
TEMPO 30X1  
@76% OF 1RM  
3 MIN REST

INCLINE BENCH  
PRESS  
4 SETS - 7 REPS  
TEMPO 30X1  
@76% OF 1RM  
3 MIN REST

## DAY 2

DEADLIFT  
5 SETS - 5 REPS  
TEMPO 20X1  
(TOUCH AND GO)  
@76% OF 1RM  
DEADLIFT  
3 MIN REST

UPRIGHT ROW  
4 SETS - 9 REPS  
@BARBELL WITH  
SAME WEIGHTS  
AS LAST WEEK

## DAY 3

GHD HIP  
EXTENSION +  
DUAL DUMBBELL  
ROW  
4 SETS - 11 REPS  
2-3 MIN REST  
ROW AT THE TOP  
POSITION  
SAME WEIGHTS AS  
LAST WEEK  
LUNGE THRUSTER  
WITH BARBELL  
EVERY 2:30 MIN X  
5  
10 REPS  
@SLIGHTLY MORE  
WEIGHT

## NOTE:

Almost done, after this week you'll have one more week to go.

# WEEK 8

8 WEEK PROGRAM 3 DAYS PER WEEK

## DAY 1

BACK SQUAT  
4 SETS - 6 REPS  
TEMPO 30X1  
@78% OF 1RM  
3 MIN REST

INCLINE BENCH  
PRESS  
4 SETS - 6 REPS  
TEMPO 30X1  
@78% OF 1RM  
3 MIN REST

## DAY 2

DEADLIFT  
5 SETS - 5 REPS  
TEMPO 20X1  
(TOUCH AND GO)  
@78% OF 1RM  
DEADLIFT  
3 MIN REST

UPRIGHT ROW  
4 SETS - 8 REPS  
@BARBELL WITH  
MORE WEIGHTS  
THAN LAST WEEK

## DAY 3

GHD HIP  
EXTENSION +  
DUAL DUMBBELL  
ROW  
4 SETS - 9 REPS  
2-3 MIN REST  
MORE WEIGHT  
THAN LAST WEEK

LUNGE THRUSTER  
WITH BARBELL  
EVERY 2:30 MIN X  
5  
12 REPS @SAME  
OR MORE WEIGHT  
COMPARED TO  
LAST WEEK

## NOTE:

Final week, great job! I hope you've made some nice progress the past 8 weeks. If you are looking for the real deal aka ongoing programming then make sure to contact us and we'll set you up.