



WELCOME: 6-Week Wall Walks Program for CrossFit Athletes

[LISTEN BEFORE YOU START](#)

The Wall Walk is an excellent movement to build shoulder stability, core strength, and upper body endurance, which are crucial for many CrossFit movements. This program is designed for athletes looking to improve their wall walks and build strength and endurance for higher-level CrossFit movements (such as handstand push-ups, handstand walking, and overhead lifts).

This program progresses gradually, starting with foundational exercises and progressing to full wall walks. The goal is to improve stability, strength, and endurance while preventing injuries. Focus on proper technique, core engagement, and shoulder stability throughout the program.

Important Notes: [LISTEN BEFORE YOU START](#)

- **Experiencing Pain Before Starting?** If you're dealing with any pain prior to beginning this program, **reach out to us first**. We will help identify the root cause of your pain and create a personalized plan tailored to your needs. This will ensure you're progressing safely and effectively.
- **Pain During the Program?** If you experience pain at any point during the program, please **contact us for a free evaluation**. We'll assess how you're progressing, make sure you're performing the exercises correctly, and modify your plan if necessary to avoid injury and ensure continued improvement.
- **Special Offer for CrossFit Athletes:** We are offering a **one-hour session for just \$67** that includes:
 - Dry needling
 - Movement mechanic
 - Manual therapy
 - Adjustment
 - Cupping (per request)
 - A personalized plan of care to get rid of pain and improve performance

We're here to help you optimize your training and ensure you're pain-free as you progress!



Program Overview

- **Duration:** 6 weeks
- **Frequency:** 3 sessions per week no more than 20 minutes a day
- **Goal:** Strengthen shoulders, improve core stability, and increase endurance for wall walks and related movements.
- **Equipment Needed:** timer, we like using the Smart WOD Timer

Weekly Breakdown

- **Week 1-2:** Foundation (Build Mobility and Core Activation)
- **Week 3-4:** Progression (Improve Wall Walk Tolerance and Shoulder Endurance)
- **Week 5-6:** Advanced (Focus on Strength, Endurance, and Performance)

Week 1-2: Foundation Phase

Focus on building stability in the shoulders, wrists, and core. These exercises are designed to help athletes develop proper form, range of motion, and muscle activation. Our program is designed as an EMOM (Every Minute On the Minute) to maximize time efficiency and allow for work and recovery.

Day 1, 2, and 3 (Repeat for 2 weeks)

EMOM

- [Day 1: 12 min EMOM](#)
 - Minute 1: 30 sec superman



- Minute 2: 3x each side of the kettlebell windmill. Light to moderate weight that can be controlled over the shoulder joint. This is about movement quality!
 - Minute 3: Max effort inchworms
 - [Day 2: 12 min EMOM](#)
 - Minute 1: 12x W slides in superman position
 - Minute 2: 8-12 reps Right side landmine press
 - Minute 3: 8-12 reps Left side landmine press
 - Minute 4: 6x Touchdowns with lift off
 - [Day 3: 12 min EMOM](#)
 - Minute 1: 30 secs Hollow body hold
 - Minute 2: 8 x 5 sec Hold lat opener PVC pipe
 - Minute 3: Max effort inch worms
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Week 3-4: Progression Phase

1. [Day 1: 12 min EMOM](#)
 - a. Minute 1: 40 secs bear crawl to pike
 - b. Minute 2: 10 sec bike sprint
 - c. Minute 3: 12x Z-press
2. [Day 2: 12 min EMOM](#)
 - a. Minute 1: 8x 5 sec hold lat opener at wall
 - b. Minute 2: 30 sec pike hold on box
 - c. Minute 3: 40 secs bear crawl walk back and forth
3. [Day 3: 12 min EMOM](#)
 - a. Minute 1: 8-12x decline push-ups
 - b. Minute 2: 10 sec bike sprint
 - c. Minute 3: 30-40 secs wall walk hold as far as possible



Week 5-6: Advanced Phase

This phase focuses on building strength and endurance under more challenging conditions. We will work on increasing volume, enhancing endurance, and fine-tuning the movement.

Day 1: 12 min EMOM

1. Minute 1: 8x, Box walks,
2. Minute 2: 12x, Incline push-ups,
3. Minute 3: 8x, Superman/hollow body (log roll)

Day 2: 12 min EMOM

1. Minute 1: 6-8x, Pike push-up on box
2. Minute 2: 15 sec Bike sprint
3. Minute 3: 10x Z Press in long-sitting
4. Minute 4: 1 Wall walk as far as possible

Day 3: 12 min EMOM

1. Minute 1: 8 x 5 second Hold lat opener
2. Minute 2: 15 sec Wall walk hold. Length of ab mat 30 in
3. Minute 3: 20 sec Assault bike sprint
4. Minute 4: 2 wall walks as far as possible or to standard

Progression and Notes:

- **Volume:** If the wall walks become too easy, increase the reps per set or slow down the tempo (i.e., take longer to walk up and down).
 - **Difficulty:** If full wall walks are too challenging, modify the movement by walking up just halfway, or use a spotter to help guide you through the movement.
 - **Consistency:** To see significant progress, commit to performing these exercises 3 times a week, with a focus on form and technique.
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By the end of this program, athletes should feel more confident and efficient in their wall walks, and develop the shoulder and core strength needed for more advanced CrossFit movements. We're here to support you every step of the way!

If you experience any pain please contact us by text or call 210-660-7987 or reach out to us via Instagram or Facebook at PositiveAction_PT.