



FREQUENCY FITNESS 6-WEEK TOES-TO-BAR ACCESSORY WORK
GET AWESOME TOES-TO-BAR

<p>Week 1</p>	<p>A) Tall Plank * 3x 30 Secs B) Hollow Body Active Hang * 3x 30 Secs C) Hollow Body Hold * 90 Secs Accumulated D) Superman Hold * 90 Secs Accumulated</p>	<p>A) Kipping Swing Practice * 5x 3 Swings B) Sit Ups * 15 EMOM x 5 Mins C) Russian Kettlebell Swings * 3x 15 Reps * Rest 60 Secs D) Farmers Walk * 200m</p>
<p>Week 2</p>	<p>A) Tall Plank * 3x 45 Secs B) Hollow Body Scap Pull-Up * 3x 12 Reps C) Hollow Body Hold * 120 Secs Accumulated D) Superman Hold * 120 Secs Accumulated</p>	<p>A) Kipping Swing Practice * 5x 3 Swings B) Sit Ups * 15 EMOM x 5 Mins C) Russian KB Swings * 3x 20 Reps Unbroken * Rest 60 Secs D) Farmers Walk * 300m</p>
<p>Week 3</p>	<p>A) Hollow Body Hold * 3x 30 Secs B) Arch Rock * 3x 30 Secs C) Strict Knees to Chest * 3x 8 Reps * Rest 60 Secs D) Kipping Swings * 3x 10 Reps * Rest 60 Secs</p>	<p>A) Tall Plank * 3x 60 Secs B) Hollow Body Scap Pull-Up * 3x 12 Reps C) Kipping Swing Practice * 3x 5 Swings D) Kipping Knee Tuck * 3x 5 Reps E2MOM for 10 Mins</p>

<p>Week 4</p>	<p>A) Hollow Rocks * 3x 15 Secs B) Strict Knees to Chest * 3x 10 Reps * Rest 60 Secs C) Toes-to-Bar * 3x Reps EMOM for 8 Mins</p>	<p>A) V-Ups * 3x 7 Reps * Rest 60 Secs B) Strict Pull-Ups * 3x 4 Reps @ 30X1 Tempo * Rest 60 Secs C) Toes-to-Bar Practice * 3 Mins D) Tall Plank * 3 Mins Accumulated</p>
<p>Week 5</p>	<p>A) Hollow Rock * 3x 20 Secs B) Strict Pull-Ups * 3x 5 Reps @ 30X1 Tempo * Rest 60 Secs C) Kipping Toes-to-Bar * 4x Reps EMOM for 8 Mins</p>	<p>A) V-Ups * 3x 7 Reps B) Strict Knees-to-Elbows * 3x 5 Reps * 60 Secs Rest C) Toes-to-Bar Practice * 4 Mins D) Tall Plank * 3 ½ Mins Accumulated</p>
<p>Week 6</p>	<p>A) Hollow Rock * 3x 30 Secs B) Strict Pull-Ups * 3x 6 Reps @ 30X1 Tempo * Rest 60 Secs C) Kipping Toes-to-Bar * x5 Reps EMOM for 8 Mins</p>	<p>A) V-Ups * 3x 7 Reps B) Strict Knees-to-Elbows * 3x 5 Reps * Rest 60 Secs C) Toes-to-Bar Practice * 6 Mins D) Tall Plank * 4 Mins Accumulated</p>