



FREQUENCY FITNESS 6-WEEK MUSCLE UP ACCESSORY WORK

GET YOUR 1ST BAR MUSCLE UP

* PRE ASSESSMENT

CAN SUCCESSFULLY DO WEIGHTED STRICT PULL-UPS, 5-7 KIPPING C2B PULL-UPS

Week 1	A) Strict Weighted Pull-Up * 4x 4 Reps B) Weighted Strict Dip * 4x 4 Reps C) DB Hammer Curl * 3x 10 Reps; Build in Weight	A) Hips to Bar Kip on Low Bar * From Feet on Ground * 5x 5 Reps B) Hollow Rock * 3x 15 Reps C) Dual DB Standing Reverse Fly * 3x 12 Reps
Week 2	A) Strict Weighted Pull-Up * 5x 3 Reps; Build in Weight B) Weighted Strict Dip * 5x 3 Reps; Build in Weight C) DB Hammer Curl * 3x 8 Reps	A) Belly to Bar Kip Swing * 4x 3 Reps B) Hollow Rock * 3x 20 Reps C) Dual DB Standing Reverse Fly * 3x 15 Reps
Week 3	A) Weighted Strict Pull-Up * 5x 2 Reps; Build in Weight B) Weighted Strict Dip * 5x 2 Reps; Build in Weight C) DB Hammer Curl * 3x 6 Reps @ 40X1 Tempo * Build in Weight	A) Belly to Bar Kip Swing * 5x 3 Reps B) Hollow Rock * 3x 10 Reps * Weighted C) Dual DB Standing Reverse Fly * 3x 15 Reps

<p style="text-align: center;">Week 4</p>	<p>A) Weighted Strict Pull-Up * 5x 1 Rep * Build to 1RM</p> <p>B) Strict Ring Dip * 5x 1 Rep * Build to 1RM</p> <p>C) Zottman Curl * 3x 8 Reps @ 3010 Tempo * Build in Weight</p>	<p>A) Transition on Bar * 3x 5 Reps * From Feet</p> <p>B) Chest-to-Bar Hold * 3x 10 Secs Accumulated</p> <p>C) Russian Dip * 3x 3 Reps * Slow and Controlled</p>
<p style="text-align: center;">Week 5</p>	<p>A) Strict C2B Pull-Up * 4x 4 Reps * Assisted as Needed</p> <p>B) Banded/Assisted Bar MU * 3x 3 Reps</p> <p>C) Zottman Curl * 3x 6 Reps @ 3010 Tempo * Build in Weight</p>	<p>A) Transition on Bar * 3x 5 Reps * From Feet</p> <p>B) Chest-to-Bar Hold * 3x 15 Secs Accumulated</p> <p>C) Russian Dip * 3x 4 Reps * Slow and Controlled</p>
<p style="text-align: center;">Week 6</p>	<p>A) Strict C2B Pull-Up * 4x 5 Reps * Assisted as Needed</p> <p>B) Banded/Assisted Bar MU * 3x 3 Reps</p> <p>C) Zottman Curl * 3x 6 Reps @ 3010 Tempo * Build in Weight</p>	<p>A) Bar Muscle Up * GO FOR IT!! * 10 Mins Practice</p> <p>B) Chest-to-Bar Hold * 3x 20 Secs Accumulated</p> <p>C) Russian Dip * 3x 5 Reps * Slow and Controlled</p>