



## FREQUENCY FITNESS 6-WEEK MUSCLE UP ACCESSORY WORK

### GET YOUR 1<sup>ST</sup> RING MUSCLE UP

\* PRE ASSESSMENT

CAN SUCCESSFULLY DO MULTIPLE STRICT PULL-UPS, WEIGHTED STRICT PULL-UPS, KIPPING C2B PULL-UPS, MULTIPLE STRICT DIPS, WEIGHTED DIPS, EFFICIENT KIP

<p><b>Week 1</b></p>	<p>A) Strict Pull-Up * 4x 4 Reps B) Ring Dip Negative *4x 2 Reps * As slow as possible C) Single Arm DB Row *3x 15 Reps Each Arm</p>	<p>A) Muscle Up Negative * 5x 1 Rep * Jump to Top of MU B) Hollow Rock * 3x 15 Reps C) Hips to Rings * 4x 4 Reps Kipping</p>
<p><b>Week 2</b></p>	<p>A) Strict Pull-Up * 5x 4 Reps B) Ring Dip Negative * 5x 2 Reps * As slow as possible C) Single Arm DB Row * 3x 10 Reps Each Arm</p>	<p>A) Muscle Up Negative * 5x 2 Reps * Jump to Top of MU B) Hollow Rock * 3x 20 Reps C) Hips to Rings * 4x 4 Reps Kipping</p>
<p><b>Week 3</b></p>	<p>A) Strict Pull-Up *5x 5 Reps B) Ring Dip Negative * 5x 3 Reps * As slow as possible C) Single Arm DB Row * 3x 10 Reps Each Arm</p>	<p>A) Muscle Up Negative * 6x 2 Reps * Jump to Top of MU B) Hollow Rock *25 Reps C) Hips to Rings * 5x 4 Reps Kipping</p>

<p><b>Week 4</b></p>	<p>A) Kipping False Grip Ring Pull Up * 5x 5 Reps B) String Ring Dip * 5x 3 Reps C) Banded Muscle Up Transition * 3x 4 Reps D) Prone Barbell Row * 3x 12 Reps</p>	<p>A) Hips to Rings * 4x 3 Reps B) Ring Support * 4x 20 Secs C) Muscle Up Practice * 5 Mins D) Hollow Rock * Accumulate 120 Secs</p>
<p><b>Week 5</b></p>	<p>A) Kipping False Grip Ring Pull Up * 6x 5 Reps B) Strict Ring Dip * 6x 3 Reps C) Banded Muscle Up Transition * 3x 5 Reps D) Prone Barbell Row * 3x 10 Reps</p>	<p>A) Hips to Rings * 5x 3 Reps B) Ring Support * 5x 20 Secs C) Muscle Up Practice * 7 Mins D) Hollow Rock * Accumulate 150 Secs</p>
<p><b>Week 6</b></p>	<p>A) Kipping False Grip Ring Pull Up * 6x 6 Reps B) Strict Ring Dip * 6x 4 Reps C) Banded Muscle Up Transition * 3x 6 Reps D) Prone Barbell Row * 3x 10 Reps</p>	<p>A) Hips to Rings * 5x 3 Reps B) Ring Support * 5x 25 Secs C) Muscle Up Practice * 10 Mins D) Hollow Rock * Accumulate 180 Secs</p>