



**FREQUENCY FITNESS 6-WEEK STRICT PULL-UP ACCESSORY WORK**  
**GET YOUR FIRST STRICT PULL-UP**

<p><b>Week 1</b></p>	<p>A) Hollow Body Hang            * Accumulate 90 secs            B) Chin over Bar Hold            * Accumulate 30 secs            C) Plank on Elbows            * Accumulate 90 secs</p>	<p>A) Dual KB Bent Over Row            * 3x8 @ 30X1 Tempo            B) DB Hammer Curl            * 3x10 @ 2020 tempo            C) YTWL            * 3x5 (each)            * No more than 5# Weights</p>
<p><b>Week 2</b></p>	<p>A) Hollow Body Hang            * Accumulate 120 secs            B) Chin over Bar Hold            * Accumulate 60 secs            C) Plank on Elbows            * Accumulate 120 secs</p>	<p>A) Dual KB Bent Over Row            * 3x10 @ 30X1 Tempo            B) Barbell Curl            * 3x10            C) Farmers Carry            * 200m            D) YTWL            * 3x5 (each)</p>
<p><b>Week 3</b></p>	<p>A) Pull-Up Negative            * 3x5 @ 31A1 tempo            * Jump up Every Rep            * Rest 2 mins between sets            B) DB Powell Raise            * 3x8 (each) @ 2020 Tempo            C) Hollow Body Static Hold            * Accumulate 90 secs</p>	<p>A) Ring Rows            * 3x8 @ 3111 Tempo            B) Dual DB Bicep Curl            * 3x10            C) Farmers Carry            * 400m            D) YTWL            * 3x5 (each)</p>

<p><b>Week 4</b></p>	<p>A) Pull-Up Negative  * 3x5 @ 41A1 tempo  * Jump up Every Rep  * Rest 2 mins between sets  B) DB Powell Raise  * 3x10 (each) @ 2020 Tempo  C) Hollow Body Static Hold  * Accumulate 120 secs</p>	<p>A) Ring Rows  * 3x10 @ 3111 Tempo  B) Dual DB Bicep Curl  * 3x12  C) Standing Reverse Fly  * 3x10  D) Turkish Get-Up  * 5x Each Side  * For Quality</p>
<p><b>Week 5</b></p>	<p>A) Weighted Pull-Up Negative  * 3x4 @ 31A1 tempo  * Use Box to Start  * Rest 2 mins between sets  B) Dual DB Bicep Curl  * 3x10 @ 2020 tempo  * Rest 2 mins between sets  C) Tall Plank  * Accumulate 120 secs</p>	<p>A) Banded Pull-Up  * 5x EMOM for 5 Mins  B) Supinated Grip Chin Over Bar Hold  * 3x20 secs  * Rest 2 mins between sets  C) Standing Reverse Fly  * 3x10 @ 20X1 Tempo  D) Turkish Get-Up  * 5x Each Side</p>
<p><b>Week 6</b></p>	<p>A) Weighted Pull-Up Negative  * 3x5 @ 41A1 tempo  * Use Box to Start  * Rest 2 mins between sets  B) Dual DB Bicep Curl  * 3x12 @ 2020 tempo  * Rest 2 mins between sets  C) Tall Plank  * Accumulate 120 secs</p>	<p>A) Strict Pull-Up Attempt  * 1x E2MOM for 8 Mins  B) Supinated Chin Over Bar Hold  * 3x30 secs  * Rest 2 mins between sets  C) Standing Reverse Fly  * 3x10 @ 30X1 Tempo  D) Turkish Get-Up  * 5x Each Side</p>