



FREQUENCY FITNESS 6-WEEK MUSCLE UP ACCESSORY WORK

GET YOUR 1ST STRICT RING MUSCLE UP

* PRE ASSESSMENT

CAN SUCCESSFULLY DO WEIGHTED STRICT PULL-UPS, 5-8 STRICT C2B PULL-UPS, 5-8 STRICT RING DIPS W/ TURN-OUT AT TOP

<p>Week 1</p>	<p>A) False Grip Strict Weighted Ring PU * 4x 4 Reps B) Weighted Ring Dip * 4x 4 Reps * As slow as possible C) DB Hammer Curl * 3x 10 Reps; Build in Weight</p>	<p>A) Slow Muscle Up Negative * 5x 2 Reps * Start at Top of Rings B) Hollow Rock * 3x 15 Reps C) Dual DB Chest Fly * 3x 12 Reps</p>
<p>Week 2</p>	<p>A) False Grip Strict Weighted Ring PU * 5x 3 Reps; Build in Weight B) Weighted Ring Dip * 5x 3 Reps; Build in Weight * As slow as possible C) DB Hammer Curl * 3x 10 Reps; Build in Weight</p>	<p>A) Muscle Up Negative * 5x 2 Reps * Start at Top of Rings B) Hollow Rock * 3x 20 Reps C) Dual DB Chest Fly * 3x 15 Reps</p>
<p>Week 3</p>	<p>A) False Grip Strict Weighted Ring PU * 5x 2 Reps; Build in Weight B) Weighted Ring Dip * 5x 2 Reps; Build in Weight * As slow as possible C) DB Hammer Curl * 3x 6 Reps @ 40x1 Tempo</p>	<p>A) Slow Muscle Up Negative * 5x3 Reps * Start at Top of Rings B) Hollow Rock * 3x 10 Reps; Weighted C) Dual DB Chest Fly * 3x 15 Reps</p>

<p>Week 4</p>	<p>A) False Grip Weighted Ring PU * 5x 1 Rep * 1 Max Effort Attempt at End B) Strict Ring Dip * 5x 1 Rep * 1 Max Effort Attempt at End C) Zottman Curl * 3x 8 Reps @ 3010 Tempo</p>	<p>A) Partner Assisted Strict Ring MU * 5x 2 Reps B) False Grip Isometric Rings to Chest * 3x 10 Secs Accumulation C) Russian Dip * 3x 3 Reps</p>
<p>Week 5</p>	<p>A) False Grip Ring Lean Away PU * 5x 3 Reps B) Strict Ring Dip * 5x 3 Reps @ 1511 Tempo * Hold Bottom of Dip for 5 Secs C) Banded/Assisted Strict Ring MU * 3x 3 Reps D) Zottman Curl * 3x 6 Reps @ 3010 Tempo</p>	<p>A) Partner Assisted Strict Ring MU * 6x 1 Rep B) False Grip Isometric Rings to Chest * 3x 15 Secs Accumulation C) Russian Dip * 3x 4 Reps</p>
<p>Week 6</p>	<p>A) False Grip Ring Lean Away PU * 5x 3 Reps B) Strict Ring Dip * 5x 3 Reps @ 1511 Tempo * Hold Bottom of Dip for 5 Secs C) Banded/Assisted Strict Ring MU * 3x 3 Reps D) Zottman Curl * 3x 6 Reps @ 3010 Tempo</p>	<p>A) Strict Ring Muscle Up * GO FOR IT!!! * 10 Mins Practice B) False Grip Isometric Rings to Chest * 3x 20 Secs Accumulation C) Russian Dip * 3x 5 Reps</p>