



FREQUENCY FITNESS 6-WEEK STRICT PULL-UP ACCESSORY WORK
STRING TOGETHER MULTIPLE STRICT PULL-UPS

<p>Week 1</p>	<p>A) Single Arm KB Bent Over Row * 3x8 @ 30X1 Tempo * Rest 60 secs between sets B) Standing Reverse Fly * 3x10 @ 21X0 Tempo * Rest 60 secs between sets C) Weighted Hollow Body Hold * 3x 30 secs</p>	<p>A) Ring Rows * 3x8 @ 30X1 Tempo * Rest 2 mins between sets B) Farmers Carry * 200m C) YTWL * 3x5 (each) * No more than 5# Weights</p>
<p>Week 2</p>	<p>A) Dual KB Bent Over Row * 3x10 @ 30X1 Tempo * Rest 60 secs between sets B) Standing Reverse Fly * 3x12 @ 21X0 Tempo * Rest 60 secs between sets C) Weighted Hollow Body Hold * 3x 45 secs</p>	<p>A) Ring Rows * 3x10 @ 30X1 Tempo * Rest 2 mins between sets B) Farmers Carry * 300m C) YTWL * 3x5 (each)</p>
<p>Week 3</p>	<p>A) Weighted Pull-Up Negative * 3x5 @ 30A1 Tempo * Rest 2 mins between sets B) Dual DB Front Raise * 3x10 @ 21X0 Tempo * Rest 60 secs between sets C) Hollow Rock * 3x10</p>	<p>A) Strict Pull-Up * 1x E2MOM for 10 Mins B) Farmers Carry * 400m C) Trap 3 Raise * 3x6</p>

<p style="text-align: center;">Week 4</p>	<p>A) Weighted Pull-Up Negative * 3x5 @ 30A1 Tempo * Rest 90 secs between sets B) Dual DB Front Raise * 3x12 @ 21X0 Tempo * Rest 60 secs between sets C) Hollow Rock * 3x12</p>	<p>A) Strict Pull-Up * 1x EMOM for 8 Mins B) Supinated Chin Over Bar Hold * 3x 30 secs * Rest 2 mins between sets C) Trap 3 Raise * 3x6</p>
<p style="text-align: center;">Week 5</p>	<p>A) Banded Pull-Up * Small Band * 3x Max Reps Unbroken * Rest 2 mins between sets B) Dual DB Bicep Curl * 3x10 @ 21X0 Tempo * Rest 60 secs between sets C) Strict Knee Raise or T2B * 3x10</p>	<p>A) Strict Pull-Up * 2x E2MOM for 10 Mins B) Supinated Chin Over Bar Hold * 3x 30 secs * Rest 2 mins between sets C) Turkish Get-Up * 5x Each Side * For Quality</p>
<p style="text-align: center;">Week 6</p>	<p>A) Banded Pull-Ups * Small Band * 5min AMRAP B) Dual DB Bicep Curl * 3x12 @ 21X0 Tempo * Rest 60 secs between sets C) Strict Knee Raise or T2B * 3x10</p>	<p>A) Strict Pull-Up * 2x EMOM for 8 Mins B) Supinated Chin Over Bar Hold * 2x Max Effort Hold * Rest 2 mins between sets C) Turkish Get-Up * 5x Each Side * For Quality</p>