

# MASQ TRAINING

DAY 1: Upper Body		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1A	Every 1.5 x 8 reps for 8 min: 4,3,2,1,3,2,1,1	BK Block Power Clean leave room in tank	AK Hang Power Clean leave room in tank	Power Clean 10 EMOM: 2@65-75% focus on technique	BK Block Power Clean beat wk 1	AK Hang Power Clean beat wk 2	Power Clean 10 EMOM: 2@65-75% focus on technique	
2A		Z-Press Build to Heavy triple in 5 sets starting at 70%	CG Bench Press: Build to Heavy triple in 5 sets starting at 70%	Z-Press triple @60/65/70% of week 1 1A	Z-Press Build to Heavy triple in 5 sets starting at 70%	CG Bench Press: Build to Heavy triple in 5 sets starting at 70%	Z-Press triple @60/65/70% of week 4 1A	
3A		CG Bench Press 3x5@100/105/110% of shoulder press above	Z-Press 3x5@60/65/70% of Bench Press above	CG Bench Press: triple @60/65/70% of week 2 1A	CG Bench Press 3x5@100/105/110% of shoulder press above	Z-Press 3x5@60/65/70% of Bench Press above	CG Bench Press: triple @60/65/70% of week 5 1A	
4A	Accessory	WTD Ring Pull Up 3x5 Db Skull Crusher 3x10 Plate Lateral Raise 3x20	WTD Ring Pull Up 3x5 Db Skull Crusher 3x10 Plate Lateral Raise 3x20	Ring Pull Up max reps Band Tri Pushdown x100 Band Pull Apart x50	WTD Ring Pull Up 3x5 Db JM Press 3x10 Plate Front Raise 3x20	WTD Ring Pull Up 3x5 Db JM Press 3x10 Plate Front Raise 3x20	Ring Pull Up max reps Band Tri Pushdown x100 Band Pull Apart x50	
DAY 2: Lower Body		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1A	Snatch Pull	3x5@70% 3x3ea	3x5@75% 3x3ea	3x1@1000% 3x3ea	3x4@80 3x3ea	3x4@85 3x3ea	3x1@105 3x1ea	
1B	SA DB OH Squat 3s ec 2s iso							
2A		Front Squat Build to Heavy triple in 5 sets starting at 70%	Back Squat Build to Heavy triple in 5 sets starting at 70%	Front Squat triple @60/65/70% of week 1 1A	Front Squat Build to Heavy triple in 5 sets starting at 70%	Back Squat Build to Heavy triple in 5 sets starting at 70%	Front Squat triple @60/65/70% of week 4 1A	
3A		Back Squat 3x5@90/95/100% of front squat above	Front Squat 3x5@70/75/80% of Back squat above	Back Squat triple @60/65/70% of week 2 1A	Back Squat 3x5@90/95/100% of front squat above	Front Squat 3x5@70/75/80% of Back squat above	Back Squat triple @60/65/70% of week 5 1A	
4A	Accessory	2 DB Split ST RDL 3x5ea (3s ecc) Goblet Lateral Box Step 3x5e (3 ecc)	2 DB Split ST RDL 3x5ea (3s ecc) Goblet Lateral Box Step 3x5e (3 ecc)	SL Hip Extension 2x15ea Goblet Lateral Lunge 2x10ea	1 DB SL RDL 3x5ea (3s ecc) Goblet xover Box Step 3x5e (3 ecc)	1 DB SL RDL 3x5ea (3s ecc) Goblet xover Box Step 3x5e (3 ecc)	SL Hip Extension 2x15ea Goblet curtsy Lunge 2x10ea	
DAY 3: Upper Body		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1A	Every 1.5 x 8 reps for 8 min: 4,3,2,1,3,2,1,1	AK Block Power Clean leave room in tank	Mid Thigh Power Clean leave room in tank	Power Clean 10 EMOM: 1@70-80%	AK Block Power Clean beat wk 1	Mid Thigh Power Clean beat wk 2	Power Clean 10 EMOM: 1@70-80%	
2A		CG Bench Press: Triple at 70/75/80% of max triple 5s lower	Z-Press Triple at 70/75/80% of max triple 5s lower	Z-Press Double @70/75/80% of week 1 1A	CG Bench Press: Triple at 70/75/80% of max triple 5s lower	Z-Press Triple at 70/75/80% of max triple 5s lower	Z-Press Double @70/75/80% of week 4 1A	
3A		Z-Press Triple at 70/75/80% of max triple 3s pause	CG Bench Press: Triple at 70/75/80% of max triple 3s pause	CG Bench Press Double @70/75/80% of week 2 1A	Z-Press Triple at 70/75/80% of max triple 3s pause	CG Bench Press: Triple at 70/75/80% of max triple 3s pause	CG Bench Press Double @70/75/80% of week 5 1A	
4A	Accessory	BB BOR OH Gr 3x5 DB Pull over 3x10 Plate Prone V-Raise 3x20	BB BOR OH Gr 3x5 DB Pull over 3x10 Plate Prone V-Raise 3x20	BB BOR OH Gr heavy 10 Band Straight Arm Pulldown x100 Band Face Pull x100	BB BOR UH Gr 3x5 2 DB Pull over 3x10 Plate Prone Rev Fly 3x20	BB BOR UH Gr 3x5 2 DB Pull over 3x10 Plate Prone Rev Fly 3x20	BB BOR UH Gr heavy 10 Band Straight Arm Pulldown x100 Band Face Pull x100	
DAY 4: Lower Body		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1A	Clean Pull	3x4@70% 3x5	3x4@75% 3x5	3x1@1000% 3x5	3x3@80 3x5	3x3@85 3x5	3x1@105 3x5	
1B	Clean Grip OHG 3s lower 2s iso							
2A		Back Squat Triple at 70/75/80% of max triple 5s lower	Front Squat Triple at 70/75/80% of max triple 5s lower	Front Squat Double @70/75/80% of week 1 1A	Back Squat Triple at 70/75/80% of max triple 5s lower	Front Squat Triple at 70/75/80% of max triple 5s lower	Front Squat Double @70/75/80% of week 4 1A	
3A		Front Squat Triple at 70/75/80% of max triple 3s pause	Back Squat Triple at 70/75/80% of max triple 3s pause	Back Squat Double @70/75/80% of week 2 1A	Front Squat Triple at 70/75/80% of max triple 3s pause	Back Squat Triple at 70/75/80% of max triple 3s pause	Back Squat triple @70/75/80% of week 5 1A	
4A	Accessory	GHR 3x5 (3-5s ecc) 2 DB RFE Sqt 3x5ea (3s ecc)	GHR 3x5 (3-5s ecc) 2 DB RFE Sqt 3x5ea (3s ecc)	Prone Band HS Curl 2x30 Walking Lunge 2x50	GHR 3x5 (3-5s ecc) add weight on lower 2 DB RFE Sqt FFE 3x5ea (3s ecc)	GHR 3x5 (3-5s ecc) add weight on lower 2 DB RFE Sqt FFE 3x5ea (3s ecc)	Prone Band HS Curl 2x30 Walking Lunge 2x50	

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