MASQ TRAINING

	DAY 1: Lower Body	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1A		Front Squat Build to Heavy triple in 6 sets starting at 70% 70/80/85/90/95/95+	Back Squat Build to Heavy triple in 6 sets starting at 70% 70/80/85/90/95/95+	Front Squat triple @60/65/70/75% of week 1 1A	Front Squat Build to Heavy triple in 6 sets starting at 70% 70/80/85/90/95/95+ 125 top no misses	Back Squat Build to Heavy triple in 6 sets starting at 70% 70/80/85/90/95/95+ 142 top no misses	Front Squat triple @60/65/70/75% of week 4 1A	
2A		Back Squat 4x5@85/90/95/100% of front squat above	Front Squat 4x5@65/70/75/80% of Back squat above	Back Squat triple @60/65/70/75% of week 2 1A	Back Squat 4x5@85/90/95/100% of front squat above	Front Squat 4x5@65/70/75/80% of Back squat above 100/102/111/100	Back Squat triple @60/65/70/75% of week 5 1A	
3A		BB Snatch RDL 3x5 (3 iso)	BB Snatch RDL 3x5 (3 iso)	BB Snatch RDL 3x5 (3 iso)	BB Clean RDL 3x5 (3 iso) 90	BB Clean RDL 3x5 (3 iso) 95	BB Clean RDL 3x5 (3 iso)	
		Quad Fall Out 2x6 (3 iso)	Quad Fall Out 2x6 (3 iso)	Quad Fall Out 2x8 (3 iso)	Quad Fall Out 2x8 (3 iso)	Quad Fall Out 2x10 (3 iso)	Quad Fall Out 2x10 (3 iso)	
		Peterson Step Up	Peterson Step Up 2x10ea	Peterson Step Up 2x10ea	Lateral High Box Step Up 2x10ea	Lateral High Box Step Up 2x10ea	Lateral High Box Step Up 2x10ea	

	DAY 2: Upper Body	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1A		Shoulder Press Build to Heavy triple in 6 sets starting at 70%	Pull Up Build to Heavy triple in 6 sets starting at 70%	Pull Up triple @60/65/70/75% of week 1 1A	Shoulder Press Build to Heavy triple in 6 sets starting at 70%	Pull Up Build to Heavy triple in 6 sets starting at 70% Red/orange/bw/8/12/16	Pull Up triple @60/65/70/75% of week 4 1A	
2A		Pull Up 4x5@70/75/80/85% of pull up tirple	Shoulder Press 4x5@70/75/80/85% of shoulder press tirple	Shoulder Press triple @60/65/70/75% of week 2 1A	Pull Up 4x5@70/75/80/85% of pull up tirple	Shoulder Press 4x5@70/75/80/85% of shoulder press tirple 46/49/52/55	Shoulder Press triple @60/65/70/75% of week 5 1A	
3A		BB CS Row 3x5 (3 iso at top)	BB CS Row 3x5 (3 iso at top)	BB CS Row 3x5 (3 iso at top)	CG Bench Press 3x5 (3 Iso at bottom)	CG Bench Press 3x5 (3 Iso at bottom)	CG Bench Press 3x5 (3 Iso at bottom)	
4	ring	Bottom of dip iso 2-3x20-30s	Bottom of dip iso 2-3x25-35s	Bottom of dip iso 2-3x30-40s	ring to. chets iso 2-3x20-30s	ring to chets iso 2-3x25-35s	ring to chets iso 2-3x30-40s	
		Reverse fly pinkies up 2-3x20	Reverse fly pinkies up 2-3x20	Reverse fly pinkies up 2-3x20	prone trap raise thumb up 2-3x20	prone trap raise thumb up 2-3x20 1.5	prone trap raise thumb up 2-3x20	

	DAY 3: Lower Body	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
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 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	
2A		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	
3A		BB Hip Thrust Shoulder elev 3x8 (3ecc)	BB Hip Thrust Shoulder elev 3x8 (3ecc)	BB Hip Thrust Shoulder elev 3x8 (3ecc)	BB hip Thrust Feet Elev 3x8 3 ecc	BB hip Thrust Feet Elev 3x8 3 ecc	BB hip Thrust Feet Elev 3x8 3 ecc	
3B		2 DB FFE Spl Sqt 2x10ea	2 DB FFE Spl Sqt 2x10ea	2 DB FFE Spl Sqt 2x10ea	2 Db Split Sqt 2x10ea	2 Db Split Sqt 2x10ea	2 Db Split Sqt 2x10ea	
		Nordic Curls 2x6 (3ecc)	Nordic Curls 2x6 (3ecc)	Nordic Curls 2x8 (3ecc)	Nordic Curls 2x8 (3ecc)	Nordic Curls 2x10 (3ecc)	Nordic Curls 2x10 (3ecc)	

	DAY 4: Upper Body	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1A		Pull Up Triple at 70/75/80% of max triple 5s lower	Shoulder Press Triple at 70/75/80% of max triple 5s lower	Shoulder Press Double @70/75/80% of week 1 1A	Pull Up Triple at 70/75/80% of max triple 5s lower	Shoulder Press Triple at 70/75/80% of max triple 5s lower	Shoulder Press Double @70/75/80% of week 4 1A	
2A		Shoulder Press Triple at 70/75/80% of max triple 3s pause	Pull Up Triple at 70/75/80% of max triple 3s pause	Pull Up Double @70/75/80% of week 2 1A	Shoulder Press Triple at 70/75/80% of max triple 3s pause	Pull Up Triple at 70/75/80% of max triple 3s pause	Pull Up Double @70/75/80% of week 5 1A	
3A		CG Bench Press 3x8 (3ecc)	CG Bench Press 3x8 (3ecc)	CG Bench Press 3x8 (3ecc)	BB CS Row 3x8 (3 ecc)	BB CS Row 3x8 (3 ecc)	BB CS Row 3x8 (3 ecc)	
3B		Incline Hammer Curl 2-3x20	Incline Hammer Curl 2-3x20	Incline Hammer Curl 2-3x20	Incline JM press 2-3x20	Incline JM press 2-3x20	Incline JM press 2-3x20	
		Plate Lateral Raise 2-3x20	Plate Lateral Raise 2-3x20	Plate Lateral Raise 2-3x20	BB Upright Row 2-3x20	BB Upright Row 2-3x20	BB Upright Row 2-3x20	

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