										MASQ TRA	INING									
E	AY 1: Lower Body		WEEK 1	WEEK 2			WEEK 3			WEEK 4				WEEK 5			WEEK 6		NOTES	
1		Front Squat E	Front Squat Build to Heavy double in 6 sets starting at 75%		Back Squat Build to Heavy double in 6 sets starting at 75%			Front Squat double @60/65/70/75% of week 1 1A			Front Squat Build to Heavy double in 6 sets starting at 75%			Back Squat Build to Heavy double in 6 sets starting at 75%			Front Squat double @60/65/70/75% of week 4 1A			
		Back Squat 4	1x4@85/90/95/100% of front squat above	Front Squat 4	4x4@65/70/75/80%	of Back squat above	Back Squat double	@60/65/70/75% of w	eek 2 1A	Back Squat	4x4@85/90/9	95/100% of front s	quat above	Front Squat 4x46	65/70/75/80% of Bac	squat above	Back Squat double @	60/65/70/75% of we	ek 5 1A	
4		BB Solit St RDL	4v2 (2 ico)	BB Split St RDL	4v3 (3 iso)		BB Split St RDL 4x3 (l iso)		BB SI BDI	4x3 (3 iso)			BB SL RDL 4x	2 (2 iso)		BB SL RDL 4x3 (3 i	(osi		-
+		Groin Plank 2	- ()	Groin Plank 2	- 1	30	Groin Plank 2x30-40				2x20-30s ea			Glute Plank 2x25			Glute Plank 2x30-40s			1
a	dd wt if able	Shrimp Sqt	2x6ea	Shrimp Sqt		2x8ea	Shrimp Sqt	2x10ea		Pistol Sqt		2x6ea		Pistol Sqt	2x8ea		Pistol Sqt	2x10ea		
E	AY 2: Upper Body		WEEK 1		WEEK 2			WEEK 3				WEEK 4			WEEK 5			WEEK 6		NOTES
A		Shoulder Press E	shoulder Press Build to Heavy double in 6 sets starting at 75%		Pull Up Build to Heavy double in 6 sets starting at 75%		6 Pull Up double	Pull Up double @60/65/70/75% of week 1 1A			Shoulder Press Build to Heavy double in 6 sets starting at 75%			Pull Up Build to Heavy triple in 6 sets starting at 70%			Pull Up triple @60/65/70/75% of week 4 1A			
2A		Pull Up 4	x5@70/75/80/85% of pull up double	Shoulder Press 4x5@70/75/80/85% of shoulder press double 50/50/54/57			Shoulder Press double @60/65/70/75% of week 2 1A			Pull Up 4x5@70/75/80/85% of pull up double			Shoulder Press 4x5@70/75/80/85% of shoulder press double			Shoulder Press triple @60/65/70/75% of week 5 1A				
IA.		BB CS Row 4x3 (3 iso at top) switch grip from last phase		BB CS Row 4x3 (3 iso at top) switch grip from last phase		BB CS Row 4x3 (3 is	BB CS Row 4x3 (3 iso at top) switch grip from last phase		Towel BP 4x3 (3 Iso at bottom) ideally bar will be 3in above chest-feet			ot 4x3 (3 Iso at bol 3x5 (3 Iso at bottom)			4x3 (3 iso at bol 3x5 (3 iso at bottom)					
	ring	top of dip iso (ex	t rot) 2-3x20-30s	top of dip iso (ex	.t rot) 2-	3x25-35s	top of dip iso (ext rot)	2-3x30-40s		1/2 pull up iso		2-3x20-30s		1/2 pull up iso	2-3x25-35	S	1/2 pull up iso	2-3x30-40s		1
t	ttps://youtu.be/v	Prone Snor	w Angel add wght if able 2-3x10	Prone Snov	w Angel add wght if	able 2-3x10	Prone Snow Ange	add wght if able	2-3×10	2 db hi pull		2-3x20		2 db hi pull	2-3x20		2 db hi pull	2-3x20		
E	AY 3: Lower Body		WEEK 1		WEEK 2			WEEK 3				WEEK 4			WEEK 5			WEEK 6		NOTES
А			Back Squat Double at 70/75/80% of max double 5s lower		Front Squat Double at 70/75/80% of max double		Front Squat Single @	Front Squat Single @70/75/80% of week 1 1A		Back Squat Double at 70/75/80% of max double			Front Squat Double at 70/75/80% of max double 5s lower			Front Squat Single @70/75/80% of week 1 1A				
Δ			Double at 70/75/80% of max double		Double at 70/75/809	of may double	Back Squat Single @	20/75/909/ of wook	1.14		Double at 70	75/80% of max d	ouble		ile at 70/75/80% of ma	double	Back Squat Single @7	20/25/909/ of week 1	1.0	
^		3s pause	odubie at 70/73/80% of max double	3s pause	rouble at 70/75/80/	o or max double	Back squar Single 6	970/73/80% OI WEEK	I IA	3s pause	Double at 70y	73/80% OI IIIAX U	ouble	3s pause	ne at 70/73/80% Of file	Coodole	back squat Single @	0/73/80/8 OI WEEK 1	IA .	
A.		BB RFE Sqt	3x4e (3ecc)	BB RFE Sqt	3x	le (3ecc)	BB RFE Sqt	3x4e (3ecc)	3 есс	FFE BB RFE Sq	t	3x4e (3ecc)	3 ecc	FFE BB RFE Sqt	3x4e (3eo) 3 ecc	FFE BB RFE Sqt	3x4e (3ecc)	3 ecc	
В		DB SL hip Thrust	(FE) 2x8ea (3 ecc)	DB SL hip Thrust	(FE) 2x8	ea (3 ecc)	DB SL hip Thrust (FE)	2x8ea (3 ecc	:)	DB SL hip Thru	ist (SE)	2x10ea (3 ecc)		DB SL hip Thrust (SE)	2x10ea (3 e	cc)	DB SL hip Thrust (SE)	2x10ea (3 ecc)		1
4		Razor Curls	2x8 (3ecc)	Nordic Curls	2x	8 (3ecc)	Nordic Curls	2x10 (3ecc)		Nordic Curls		2x10 (3ecc)		Nordic Curls	2x12 (3ec)	Nordic Curls	2x12 (3ecc)		
E	AY 4: Upper Body	WEEK 1		WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6		NOTES		
A		Pull Up Double at 70/75/80% of max double		Shoulder Press Double at 70/75/80% of max double		Shoulder Press Double	Shoulder Press Double @70/75/80% of week 1 1A			Pull Up Double at 70/75/80% of max double			Shoulder Press Double at 70/75/80% of max double			Shoulder Press Double @	70/75/80% of week	1 1A		
-		5s lower		5s lower							5s lower			5s lower						
A		Shoulder Press Double at 70/75/80% of max double 3s pause		Pull Up Double at 70/75/80% of max double 3s pause			Pull Up Double	Pull Up Double @70/75/80% of week 2 1A			Shoulder Press Double at 70/75/80% of max double 3s pause			Pull Up Double at 70/75/80% of max double 3s pause			Pull Up Double @70/75/80% of week 5 1A		1	
Α .	Towel BP 4x3 (3 Iso at bottom) ideally bar will be			above 4x3 (3 Iso at bottom) ideally bar will be 3in above chest			4x3 (3 Iso at bol 3x5 (3 Is	4x3 (3 iso at bol 3x5 (3 iso at bottom)			BB CS Row 4x3 (3 iso at top) switch grip from last phase			BB CS Row 4x3 (3 iso at top) switch grip from last phase			BB CS Row 4x3 (3 iso at top) switch grip from last phase			
3B		Incline Bicep Curl 2-3x20						Incline Bicep Curl 2-3x20 27 bb			Incline Skull Cru 2-3x20			Incline Skull Cru 2-3x20			Incline Skull Cru 2-3x2	Incline Skull Cru 2-3x20		1
		Plate Front Raise	2-3x20	Plate Front Raise		2-3x20	Plate Front Raise	2-3x20	10k						-3x20		BB Shrug 2-3x2			