

# 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 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	
2A		Back Squat 4x4@85/90/95/100% of front squat above	Front Squat 4x4@65/70/75/80% of Back squat above	Back Squat double @60/65/70/75% of week 2 1A	Back Squat 4x4@85/90/95/100% of front squat above	Front Squat 4x4@65/70/75/80% of Back squat above	Back Squat double @60/65/70/75% of week 5 1A	
3A		BB Split St RDL 4x3 (3 iso)	BB Split St RDL 4x3 (3 iso)	BB Split St RDL 4x3 (3 iso)	BB SL RDL 4x3 (3 iso)	BB SL RDL 4x3 (3 iso)	BB SL RDL 4x3 (3 iso)	
		Groin Plank 2x20-30s ea	Groin Plank 2x25-35s ea 30	Groin Plank 2x30-40s ea	Glute Plank 2x20-30s ea	Glute Plank 2x25-35s ea	Glute Plank 2x30-40s ea	
	add wt if able	Shrimp Sgt 2x6ea	Shrimp Sgt 2x8ea	Shrimp Sgt 2x10ea	Pistol Sgt 2x6ea	Pistol Sgt 2x8ea	Pistol Sgt 2x10ea	
	DAY 2: Upper Body	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1A		Shoulder Press Build to Heavy double in 6 sets starting at 75%	Pull Up Build to Heavy double in 6 sets starting at 75%	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 4x5@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	
3A		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	Towel BP 4x3 (3 iso at bottom) ideally bar will be 3in above chest- feet	4x3 (3 iso at bot 3x5 (3 iso at bottom)	4x3 (3 iso at bot 3x5 (3 iso at bottom)	
4	ring <a href="https://youtu.be/vG">https://youtu.be/vG</a>	top of dip iso (ext rot) 2-3x20-30s Prone Snow Angel add wght if able 2-3x10	top of dip iso (ext rot) 2-3x25-35s Prone Snow Angel add wght if able 2-3x10	top of dip iso (ext rot) 2-3x20-40s Prone Snow Angel add wght if able 2-3x10	1/2 pull up iso 2-3x20-30s 2 db hi pull 2-3x20	1/2 pull up iso 2-3x25-35s 2 db hi pull 2-3x20	1/2 pull up iso 2-3x30-40s 2 db hi pull 2-3x20	
	DAY 3: Lower Body	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1A		Back Squat Double at 70/75/80% of max double 5s lower	Front Squat Double at 70/75/80% of max double 5s lower	Front Squat Single @70/75/80% of week 1 1A	Back Squat Double at 70/75/80% of max double 5s lower	Front Squat Double at 70/75/80% of max double 5s lower	Front Squat Single @70/75/80% of week 1 1A	
2A		Front Squat Double at 70/75/80% of max double 3s pause	Back Squat Double at 70/75/80% of max double 3s pause	Back Squat Single @70/75/80% of week 1 1A	Front Squat Double at 70/75/80% of max double 3s pause	Back Squat Double at 70/75/80% of max double 3s pause	Back Squat Single @70/75/80% of week 1 1A	
3A		BB RFE Sgt 3x4e (3ecc)	BB RFE Sgt 3x4e (3ecc)	BB RFE Sgt 3x4e (3ecc) 3 ecc	FFE BB RFE Sgt 3x4e (3ecc) 3 ecc	FFE BB RFE Sgt 3x4e (3ecc) 3 ecc	FFE BB RFE Sgt 3x4e (3ecc) 3 ecc	
3B		DB SL hip Thrust (FE) 2x8ea (3 ecc) Razor Curls 2x8 (3ecc)	DB SL hip Thrust (FE) 2x8ea (3 ecc) Nordic Curls 2x8 (3ecc)	DB SL hip Thrust (FE) 2x8ea (3 ecc) Nordic Curls 2x10 (3ecc)	DB SL hip Thrust (SE) 2x10ea (3 ecc) Nordic Curls 2x10 (3ecc)	DB SL hip Thrust (SE) 2x10ea (3 ecc) Nordic Curls 2x12 (3ecc)	DB SL hip Thrust (SE) 2x10ea (3 ecc) Nordic Curls 2x12 (3ecc)	
	DAY 4: Upper Body	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1A		Pull Up Double at 70/75/80% of max double 5s lower	Shoulder Press Double at 70/75/80% of max double 5s lower	Shoulder Press Double @70/75/80% of week 1 1A	Pull Up Double at 70/75/80% of max double 5s lower	Shoulder Press Double at 70/75/80% of max double 5s lower	Shoulder Press Double @70/75/80% of week 4 1A	
2A		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 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	
3A		Towel BP 4x3 (3 iso at bottom) ideally bar will be 3in above	4x3 (3 iso at bottom) ideally bar will be 3in above chest	4x3 (3 iso at bot 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 Plate Front Raise 2-3x20	Incline Bicep Curl 2-3x20 Plate Front Raise 2-3x20	Incline Bicep Curl 2-3x20 27 hb Plate Front Raise 2-3x20 10k	Incline Skull Cr 2-3x20 BB Shrug 2-3x20	Incline Skull Cr 2-3x20 BB Shrug 2-3x20	Incline Skull Cr 2-3x20 BB Shrug 2-3x20	

<https://www.masqtraining.com/>