



## BUILT LIKE BOND: PHASE 4



OVERVIEW OF WEEK 1																			
	DAY 1: LOWER		WEEK 1				WEEK 2				WEEK 3				WEEK 4				PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				
1A	Wtd SL Back Extension	2x15ea																	
1B	Lying Cable Knee to Chest	2x20																	
1C	DB Gobelt Cossak Squat	2x10ea																	
2A	Position 1 Hang Power Clean	x5,4,3,3																	
2B	Sled Push Sprint	4x5ea																	
2C	Sprint Start	4x5-10yd																	
3A	BB BR RFE Squat 5s ecc	5x3-4ea																	
3B	RFE Stomp Jump (text about this)	5x5ea																	
4A	Nordic w/ 6s ecc	4x5																	
4B	Reverse Nordic w/ 6s ecc	4x5																	

	DAY 2: UPPER		WEEK 1			WEEK 2			WEEK 3			WEEK 4			PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	<a href="#">DB Reverse Fly neck supported</a>	3x15													
1B	Cable OH Tricep Extension	3x20													
1C	<a href="#">BB Bradford Press</a> from z-press position	3x10ea													
2A	Wtd Dips w/ 5s ecc	6x3													
2B	Wtd Chin Ups w/ 5s ecc	6x3													
3A	SA Landmine Press 1/2 Kneel w/ 1 iso at bottom	4x6-8ea													
3B	SA Landmine Meadow Row w/ 1 iso at top	4x6-8ea													
4A	Plate OH Raise	2x20-30													
4B	SA Dead Hang	2 x max ea													

	DAY 3: LOWER		WEEK 1			WEEK 2			WEEK 3			WEEK 4			PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	Wtd SL Back Extension	2x15ea													
1B	GHDSU Wtd	2x20													
1C	DB Goblet Curtsy Lunge	2x10ea													
2A	Position 1 Hang Squat Clean	x5,4,3,3													
2B	Sled Push Sprint	4x10yd													
2C	Sprint Start	4x5-10yd													
3A	BB Split Stance RDL w/ 5s ecc	5x3-4ea													
3B	MB Rotational Hip Throw into Wall	5x5													
4A	Shrimp Squat w/ 6s ecc	3x5ea													
4B	SL Machine HS Curl w/ 6s ecc	3x5ea													

	DAY 4: UPPER		WEEK 1			WEEK 2			WEEK 3			WEEK 4			PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	<a href="#">DB Y-Raise neck supported</a>	3x15													
1B	Cable OH Tricep Extension	3x20													
1C	<a href="#">BB Bradford Press</a> from z-press position	3x10ea													
2A	BB Incline BP w/ 1 iso at bottom	6x3-5													
2B	2 DB Chest Supported Row	6x5													
3A	BB Shoulder Press w/ 1 iso at bottom	5x6-8													
3B	2 DB High Pull w/ 1 iso at top	5x6-8													
4A	BB Curl	2x20-30													
4B	plate pinch hold	2x max ea													



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