



## BUILT LIKE BOND: PHASE 5



LOWER EXTREMITIES LOWER BODY																				
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 DL Back Extension		2x20																	
1B	<a href="#">SL Bench Prone Plank</a>		2x20-30s ea																	
1C	Bench Glute Plank (bottom leg)		2x20-30s ea																	
2A	Position 2 Hang Power Clean		x4,3,3,2																	
2B	<a href="#">Prime time Straight leg run</a>		4x10yds																	
2C	Sprint Start		4x10yds																	
3A	BB BR RFE Squat 5s iso		5x3-4ea																	
3B	RFE Drop Jump		5x3ea																	
4A	Nordic w/ 6s iso at bottom		4x3-5																	
4B	Reverse Nordic w/ 6s eliso at bottom		4x3-5																	

	DAY 2: UPPER		WEEK 1				WEEK 2				WEEK 3				WEEK 4				PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				
1A	DB Incline Bench Lying. Reverse Fly	3x15																	
1B	Cable Tricep Pushdown	3x20																	
1C	<a href="#">DB Z-Press</a>	3x10																	
2A	Wtd Dips w/ 5s Iso at bottom	6x3																	
2B	Wtd Chin Ups w/ 5s iso at mid halfway down	6x3																	
3A	SA Landmine Press split stance 3s iso at bottom	4x4-6ea																	
3B	DB SA Row w/ 3 iso at top	4x6-8ea																	
4A	SA DB OH Carry	2x50ft each																	
4B	bb wrist extension	2x fail																	

	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 DL Back Extension	2x20																		
1B	GHDSU Parrellel Iso Hold	2x20-30s																		
1C	Bench Groin Plank (bottom leg)	2x20-30s ea																		
2A	Position 2 Hang Squat Clean	x4,3,3,2																		
2B	<a href="#">Prime time Straight leg run</a>	4x10yds																		
2C	Sprint Start	4x10yds																		
3A	BB Split Stance RDL w/ 5s iso	5x3-4ea																		
3B	MB Squared Hip Throw into Wall	5x5ea																		
4A	DB Piston Squat w/ 3s iso above bench	3x5ea																		
4B	SL Machine HS Curl w/ 6s iso halfway down	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	DB Incline Bench Lying. Y-Raise										
1B	Cable Tricep Pushdown	3x20									
1C	<a href="#">DB Z-Press</a>	3x10									
2A	BB BP w/ 1 iso at bottom	6x3-5									
2B	2 DB Chest Supported Row w/ 3 iso at top	6x3-5									
3A	BB Shoulder Press w/ 3s iso overhead	5x4-6									
3B	DB Pullover w/ 3 iso overhead	5x4-6									
4A	SA FR Carry	2x50ft each									
4B	bb wrist curl	2x fail									



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