

# MASQ TRAINING

FUNCTIONAL UPPER BODY TRAINING 1A						PHASE 1							
BLOCK 1: 0-15 minutes		REPS	WEEK	BLOCK 2: 15-30 minutes		REPS	WEEK	BLOCK 3: 30-45 minutes		REPS	WEEK		
<b>1A</b>	CG Incline Bench Press	x7	1	<b>2A</b>	Dips	6-10	1-3	<b>3A</b>	Side Star Plank Left	30/30x3	1		
	5s eccentric	x6	2		<b>2B</b>	2 DB Alt BO Row	8-12		1-3	<b>3B</b>	Side Star Plank Right	40/20x3	2
		x5	3			<b>2C</b>	Band OH Tricp Extension		15-25		1-3	<b>3C</b>	Ab Windmill
<b>2A</b>	Chin Up 3-5s eccentric	x4-6	1-3	<b>2D</b>	Bar Wrist Curl		20-30s	1-3	*core circuit				
<b>3A</b>	Plate BO Reverse Fly	x10-15	1-3		<b>DELOAD (WEEK 4)</b>								
<b>#1: 7 AMRAP (0-7)</b>		<b>#2: 7 AMRAP (7-14)</b>			<b>#3: 7 AMRAP (14-21)</b>			<b>#4: 7 AMRAP (21-28)</b>		<b>#5: TABATA (28-32)</b>			
11 2 DB High Pull		5ea SA DB Z-Press			7 Dips			9 DB Tate Press		Alt SL V-Up			
11 Lateral Plate OH Raise		5 Pull Up			7 KB SA Row			9 Plate/BB Reverse Grip Curl					
FUNCTIONAL UPPER BODY TRAINING 1B						PHASE 2							
BLOCK 1: 0-15 minutes		REPS	WEEK	BLOCK 2: 15-30 minutes		REPS	WEEK	BLOCK 3: 30-45 minutes		REPS	WEEK		
<b>1A</b>	Close Grip Bench Press	x6	1	<b>2A</b>	SA Landmine Press	6-10	1-3	<b>3A</b>	Side Groin Plank Left	30/30x3	1		
	3s isometric	x5	2		<b>2B</b>	Bird Dog SA Row	8-12		1-3	<b>3B</b>	Side Groin Plank Right	40/20x3	2
		x4	3			<b>2C</b>	2 DB Tate Press		15-25		1-3	<b>3C</b>	Plate Russian Twist
<b>2A</b>	Pull Up Dynamic ISO	x3-5	1-3	<b>2D</b>	Deadhang		20-30s	1-3					
<b>3A</b>	Plate BO Y-Raise	x10-15	1-3		<b>DELOAD (WEEK 4)</b>								
<b>#1: 7 AMRAP (0-7)</b>		<b>#2: 7 AMRAP (7-14)</b>			<b>#3: 7 AMRAP (14-21)</b>			<b>#4: 7 AMRAP (21-28)</b>		<b>#5: TABATA (28-32)</b>			
11 Bnad OH Tricpe Extension		9 Plate Bent Over Reverse Fly			7 DB Z-Press			5 DB BP		AB Bicycle			
11 2 DB Bent Over Row		9 DB Zottman Curl			7ea SA KB High Pull			5 Chin Ups					
FUNCTIONAL UPPER BODY TRAINING 1C						PHASE 3							
BLOCK 1: 0-15 minutes		REPS	WEEK	BLOCK 2: 15-30 minutes		REPS	WEEK	BLOCK 3: 30-45 minutes		REPS	WEEK		
<b>1A</b>	Floor Press	6/5/4/3/2	1	<b>2A</b>	2 DB Skullcrusher	6-10	1-3	<b>3A</b>	SL inchworm	30/30x3	1		
	1s isometric	6/5/4/3/2	2		<b>2B</b>	2 DB Hammer Curl	8-12		1-3	<b>3B</b>	Reverse Crunch ISO	40/20x3	2
		6/5/4/3/2	3			<b>2C</b>	Banbd Face Pull		15-25		1-3	<b>3C</b>	V-Up
<b>2A</b>	2 DB Chest Supp Row	x6-8	1-3	<b>2D</b>	Chin Up Hold		20-30s	1-3					
<b>3A</b>	Plate Front OH Raise	10-15	1-3		<b>DELOAD (WEEK 4)</b>								
<b>#1: 7 AMRAP (0-7)</b>		<b>#2: 7 AMRAP (7-14)</b>			<b>#3: 7 AMRAP (14-21)</b>			<b>#4: 7 AMRAP (21-28)</b>		<b>#5: TABATA (28-32)</b>			
11 DB Tate Press		9 2 DB High Pull			7 2 DB Chest Supp Row			5 DB Incline BP		Plate OH Sit Ups			
11 Band Pull Aparts		9 DB Pullover			7 Straight Bar Dlps			5 NG Pull Ups					
FUNCTIONAL UPPER BODY TRAINING 1D						PHASE 4							
BLOCK 1: 0-15 minutes		REPS	WEEK	BLOCK 2: 15-30 minutes		REPS	WEEK	BLOCK 3: 30-45 minutes		REPS	WEEK		
<b>1A</b>	Bench Press	6,5,4,3,2	1	<b>2A</b>	BB Curl	6-10	1-3	<b>3A</b>	Side Bend Left	30/30x3	1		
		6,5,4,3,2	2		<b>2B</b>	DB Pullover	8-12		1-3	<b>3B</b>	Side Bend Right	40/20x3	2
		5,4,3,2,1	3			<b>2C</b>	Band Tricpe Pushdown		15-25		1-3	<b>3C</b>	Alt SL V-Up
<b>2A</b>	DB SA Row	x6-8	1-3	<b>2D</b>	Pull Up Hold		20-30s	1-3					
<b>3A</b>	Plate Lateral OH Raise	x8-12	1-3		<b>DELOAD (WEEK 4)</b>								
<b>#1: 7 AMRAP (0-7)</b>		<b>#2: 7 AMRAP (7-14)</b>			<b>#3: 7 AMRAP (14-21)</b>			<b>#4: 7 AMRAP (21-28)</b>		<b>#5: TABATA (28-32)</b>			
11 DB Zottman Curl		9ea SA DB High Pull			7ea Alt DB Bent Over Row			5ea SA DB Shoulder Press		Leg Lifts			
11 Plate BO Reverse Fly		9 Diamond Push Up			7 Ring Disp			5 Chin Up					

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