

# MASQ TRAINING

## PHASE 1

DAY 1	BB BACK RACK SPLIT SQUAT	TIME	TEMPO	DAY 2	3 POSITION MUSCLE CLEAN (ground + knee + thigh) + FRONT SQUAT	TIME	TEMPO	DAY 3	HANDSTAND VARIATION	TIME	TEMPO
Week 1	4x6ea	on the 3:30	5s iso	Week 1	8x1e	on the 1:30	unbroken	Week 1-3	10x10-15s	on the 1:30	
Week 2	4x5ea	on the 3:00	5s iso	Week 2	8x1e	on the 1:30	unbroken	-Position options: pike off box, pike off wall, hs facing wall, hs, free standing hs -Movement options: hold, hand lifts, elbow taps, shoulder taps, hip taps, walking			
Week 3	5x4ea	on the 2:30	5s iso	Week 3	8x1e	on the 1:30	unbroken				
Week 4	3x5ea RFE Squat + 3x15 Band Hamstring Curl			Week 4	3x5ea Cossak Squat + 3x5ea Landmine Press			Week 4	3x5ea SL Hip Thrust + 3x5ea DB SA Row		

## PHASE 2

DAY 1	BB DEFICIT DEADLIFT (stand 45lb plates)	TIME	TEMPO	DAY 2	CLEAN PULL + HANG SQUAT CLEAN + POWER CLEAN + FRONT SQUAT	TIME	TEMPO	DAY 3	PULL UP VARIATION	TIME	TEMPO
Week 1	6x4	on the 2:30	5s ecc	Week 1	8x1e	on the 1:30	unbroken	Week 1-3	10x10-15s	on the 1:30	
Week 2	6x3	on the 2:00	5s ecc	Week 2	8x1e	on the 1:30	unbroken	position options: Hang from bar feet on ground, hang from bar, low bar (for assisted strict pull up) Movement options: kip swing, kip swing w/ hip pop, kip swing w/ pull up, kip swing w/ c2b, butterfly pull up, butterfly c2b, band assisted strict pull up, strict pull up, low bar strict pull up			
Week 3	7x2	on the 2:00	5s ecc	Week 3	8x1e	on the 1:30	unbroken				
Week 4	3x5ea Reverse Lunge + 3x15 Band Hamstring Curl			Week 4	3x5ea SL RDL + 3x5 DB Z-Press			Week 4	3x5ea SL Hip Thrust + 3x5ea DB SA Row		

## PHASE 3

DAY 1	BB SQUAT CLEAN	TIME	TEMPO	DAY 2	BB STAGGERED STANCE GOODMORNING	TIME	TEMPO	DAY 3	HANDSTAND VARIATION	TIME	TEMPO
Week 1	4x3,4x2	on the 1:30		Week 1	6x3ea	on the 2:00	3s ecc	Week 1-3	10x10-15s	on the 1:30	
Week 2	3x3,3x2,x1	on the 1:30		Week 2	6x3ea	on the 2:00	3s ecc	-Position options: pike off box, pike off wall, hs facing wall, hs, free standing hs -Movement options: hold, hand lifts, elbow taps, shoulder taps, hip taps, walking			
Week 3	2x3,2x2,4x1..1RM	on the 1:30		Week 3	6x3ea	on the 2:00	3s ecc				
Week 4	3x5ea Cursy Lunge + 3x15 Band Hamstring Curl			Week 4	3x5ea Box Step Up + 3x5 DB Floor Press			Week 4	3x5ea SL Hip Thrust + 3x5ea DB SA Row		

## PHASE 4

DAY 1	BB DEADLIFT	TIME	TEMPO	DAY 2	BB FRONT RACK STEP UP	TIME	TEMPO	DAY 3	TOES TO BAR VARIATION	TIME	TEMPO
Week 1	6x3	on the 2:30		Week 1	6x5ea	on the 2:00		Week 1-3	10x10-15s	on the 1:30	
Week 2	7x2	on the 2:30		Week 2	6x5ea	on the 2:00		position options: Hang from bar feet on ground, hang from bar, lying down grabbing bar, ground based core Movement options: kip swing, kip swing w/ knee raise, kip swing w/ leg raise, kip swing w/ t2b, either touch down after each rep or keep swinging, strict knee up, leg raise, t2b, lying down toe 2 bar, deadbug, hoolwo holds, hollow rocks			
Week 3	x5,4,3,2,1..1RM	on the 2:30		Week 3	6x5ea	on the 2:00					
Week 4	3x5ea Split Squat + 3x15 Band Hamstring Curl			Week 4	3x5ea Cossak Squat + 3x5ea Landmine Press			Week 4	3x5ea SL Hip Thrust + 3x5ea DB SA Row		

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