

MASQ TRAINING

PHASE 1

DAY 1	BB BACK SQUAT	TIME	TEMPO	DAY 2	BB SPLIT STANCE GOODMORNING	TIME	TEMPO	DAY 3	BB SNATCH GRIP PUSH PRESS	TIME	TEMPO
Week 1	4x5	on the 3:00	3s ecc + 2s iso	Week 1	6x3e	on the 2:00	3s ecc	Week 1	4x6	on the 3:00	3s iso overhead
Week 2	5x4	on the 2:30	3s ecc + 2s iso	Week 2	6x3e	on the 2:00	3s ecc	Week 2	5x5	on the 2:30	3s iso overhead
Week 3	5x3	on the 2:00	3s ecc + 2s iso	Week 3	6x3e	on the 2:00	3s ecc	Week 3	5x4	on the 2:00	3s iso overhead
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 SNATCH GRIP DEADLIFT	TIME	TEMPO	DAY 2	BB BACK RACK SPLIT SQUAT	TIME	TEMPO	DAY 3	BB OVERHEAD SQUAT	TIME	TEMPO
Week 1	4x5	on the 3:00	5s ecc	Week 1	6x3e	on the 2:00	3s iso	Week 1	5x5	on the 3:00	3s ecc
Week 2	5x4	on the 2:30	5s ecc	Week 2	6x3e	on the 2:00	3s iso	Week 2	6x4	on the 2:30	3s ecc
Week 3	5x3	on the 2:00	5s ecc	Week 3	6x3e	on the 2:00	3s iso	Week 3	6x3	on the 2:00	3s ecc
Week 4	3x5ea Reverse Lunge + 3x15 Band Hamstring Curl			Week 4	3x5ea SL RDL + 3x5 DB Z-Press			Week 4	3x5ea SL Hip Thrust + 3x5 DB Pullover		

PHASE 3

DAY 1	BB FRONT SQUAT	TIME	TEMPO	DAY 2	BB STAGGERED STANCE RDL	TIME	TEMPO	DAY 3	Snatch Pull + Hang Snatch + Snatch + OHS	TIME	TEMPO
Week 1	5x5	on the 2:30	1s iso	Week 1	6x4e	on the 2:00	1s iso (1in off ground)	Week 1	8x1	on the 2:00	
Week 2	6x4	on the 2:00	1s iso	Week 2	6x4e	on the 2:00	1s iso (1in off ground)	Week 2	8x1	on the 2:00	
Week 3	6x3	on the 2:00	1s iso	Week 3	6x4e	on the 2:00	1s iso (1in off ground)	Week 3	8x1	on the 2:00	
Week 4	3x5ea Cursty Lunge + 3x15 Band Hamstring Curl			Week 4	3x5ea Box Step Up + 3x5 DB Floor Press			Week 4	3x5ea SL Hip Thrust + 3x5 DB Pull Up		

PHASE 4

DAY 1	BB DEADLIFT	TIME	TEMPO	DAY 2	BB BACK RACK STEP UP	TIME	TEMPO	DAY 3	Snatch Pull + Snatch + OHS	TIME	TEMPO
Week 1	6x3	on the 2:30		Week 1	6x3e	on the 2:00		Week 1	8x1	on the 2:00	
Week 2	7x2	on the 2:30		Week 2	6x3e	on the 2:00		Week 2	8x1	on the 2:00	
Week 3	x5,4,3,2,1..1RM	on the 2:30		Week 3	6x3e	on the 2:00		Week 3	8x1...1RM	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 RDL + 3x5 DB SA Row		

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