MASQ			MASQ	TRAINING	G			MASQ	
	DAY 1	SETS	WEEK 1 RECORD WEIGHTS		WEEK 2 RECORD WEIGHTS		PERCENTA	PERCENTAGE/ NOTES	
1A	Build to Heavy Complex	5x	start @65%	EIGHTS	start @70%	ECORD WEIGHTS			
""	Pull + 2 Pause Below Knee Sqt Snatch (1s pause)		Start @5575		5.6.7 6.70		every rep starts of	floor	
2A	Snatch Pull w/ 5s eccentric	3x4	75-85%		80-90%		of snatch		
ЗА	BB Bench Press w/ 5s eccentric	5x3					Week 1: 65-75%		
							Week 2: 70-80%		
4A	DB Z-Press w/ 3s eccentric	3x6							
							*Rest 30-60sec b/w exercises		
4B	2 DB High Pull w/ 3s eccentric	3x6							
4C	2 DB JM Press w/ 1 sec pause at bottom	2x20							
4D	Bent Over Plate Y-Raise w/ 1 sec pause at top	2x20					*Rest 30-60sec I	o/w exercises	
40	Bent Over Plate 1-Raise w/ 1 sec pause at top	2X20							
	DAY 2	-	WEEK	1		WEEK 2		05/110750	
	LIFT SETS		RECORD WEIGHTS		RECORD WEIGHTS		PERCENTAGE/ NOTES		
1A	Build to Heavy Complex	5x	start @65%		start @70%		every rep starts of	floor	
	Pull + 2 Pause Below Knee Sqt Clean (1s pause)	+ 2 Pause Below Knee Sqt Clean (1s pause)						11001	
2A	Clean Pull w/ 5s eccentric	3x4	75-85%		80-90%		of clean		
ЗА	Back Squat w/ 5s eccentric	4x3					Week 1: 65-75%		
		1					Week 2: 70-80%		
4A	BB Hip Thrust w/ 3 sec eccentric 3x6		*Re		*Rest 30-60sec I	o/w exercises			
4B	*shoulders elevated	3x5ea							
48	2 DB Split Squat w/ 3 sec ecc (front foot on plate) https://youtu.be/5nQAyl51Hml	эхэеа	vertical shin, drive through hips	not guada					
4C	ull Up w/ 1 sec pause at top 2x20		vertical still, drive tillough hips	i not quaus			*Rest 30-60sec I	n/w exercises	
	*band up to get all reps						1,000,00,0000	JAN GAGIGIGGS	
4D	GHR w/ 1s pause at bottom	2x10-20							
	*use PVC for assistance to keep movement strict								
	DAY 3				WEEK 2		PERCENTAGE/ NOTES		
	LIFT SETS		RECORD WEIGHTS		RECORD WEIGHTS				
1A	Build to Heavy Complex	5x	start @65%		start @70%				
24	Power Jerk + 2 Split Jerk	Ev2					Week 1: 65-75%		
2A	BB Shoulder Press w/ 5s eccentric	5x3					Week 1: 65-75% Week 2: 70-80%		
3A	BB RDL w/ 5 sec eccentric	3x4					Heavy as can long a	s can maintain good	
"	DE LEE W O GOO GOOGHAID	JA-1					good position	good	
ЗА	2 DB RFE Squat w/ 3s ecc	3x5ea					U F		
	iit back on way down								
3B	2 DB Chest Supported Row w/ 3s ecc	3x6					*Rest 30-60sec I	o/w exercises	
3C	2 DB Pullover w/ 1s pause at bottom	2x20							
	·						*Rest 30-60sec I	*Rest 30-60sec b/w exercises	
3D	WTD SL Hip Extension w/ 1 sec pause at top	2x10-20							

