



MASQ TRAINING



| | DAY 1 | | WEEK 1 | | | | WEEK 2 | | | | PERCENTAGE/ NOTES | |
|----|---|------|----------------|--|--|--|----------------|--|--|--|----------------------------------|--|
| | LIFT | SETS | RECORD WEIGHTS | | | | RECORD WEIGHTS | | | | | |
| 1A | Build to Heavy Complex Pull + 2 Pause Below Knee Sqt Snatch (1s pause) | 5x | start @65% | | | | start @70% | | | | every rep starts off floor | |
| 2A | Snatch Pull w/ 5s eccentric | 3x4 | 75-85% | | | | 80-90% | | | | of snatch | |
| 3A | 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 | | | | | | | | | *Rest 30-60sec b/w exercises | |
| 4D | Bent Over Plate Y-Raise w/ 1 sec pause at top | 2x20 | | | | | | | | | | |

| | DAY 2 | | WEEK 1 | | | | WEEK 2 | | | | PERCENTAGE/ NOTES | |
|----|--|---------|---|--|--|--|----------------|--|--|--|----------------------------------|--|
| | LIFT | SETS | RECORD WEIGHTS | | | | RECORD WEIGHTS | | | | | |
| 1A | Build to Heavy Complex Pull + 2 Pause Below Knee Sqt Clean (1s pause) | 5x | start @65% | | | | start @70% | | | | every rep starts off floor | |
| 2A | Clean Pull w/ 5s eccentric | 3x4 | 75-85% | | | | 80-90% | | | | of clean | |
| 3A | Back Squat w/ 5s eccentric | 4x3 | | | | | | | | | Week 1: 65-75% Week 2: 70-80% | |
| 4A | BB Hip Thrust w/ 3 sec eccentric *shoulders elevated | 3x6 | | | | | | | | | *Rest 30-60sec b/w exercises | |
| 4B | 2 DB Split Squat w/ 3 sec ecc (front foot on plate) https://youtu.be/5nQAYl51HmI | 3x5ea | vertical shin, drive through hips not quads | | | | | | | | | |
| 4C | Pull Up w/ 1 sec pause at top *band up to get all reps | 2x20 | | | | | | | | | *Rest 30-60sec b/w exercises | |
| 4D | GHR w/ 1s pause at bottom *use PVC for assistance to keep movement strict | 2x10-20 | | | | | | | | | | |

| | DAY 3 | | WEEK 1 | | | | WEEK 2 | | | | PERCENTAGE/ NOTES | |
|----|---|---------|----------------|--|--|--|----------------|--|--|--|---|--|
| | LIFT | SETS | RECORD WEIGHTS | | | | RECORD WEIGHTS | | | | | |
| 1A | Build to Heavy Complex Power Jerk + 2 Split Jerk | 5x | start @65% | | | | start @70% | | | | | |
| 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 as can maintain good good position | |
| 3A | 2 DB RFE Squat w/ 3s ecc *sit back on way down | 3x5ea | | | | | | | | | | |
| 3B | 2 DB Chest Supported Row w/ 3s ecc | 3x6 | | | | | | | | | *Rest 30-60sec b/w exercises | |
| 3C | 2 DB Pullover w/ 1s pause at bottom | 2x20 | | | | | | | | | | |
| 3D | WTD SL Hip Extension w/ 1 sec pause at top | 2x10-20 | | | | | | | | | *Rest 30-60sec b/w exercises | |



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

