MASQ TRAINING

	DAY 1: Upper Body	WEEK 1		WEEK 2		WEEK 3		NOTES
1A	Plate Push Up Drop Catch w/ 3s iso	2x5		2x5		2x5		
1B	MB Slam Kneeling	2x10		2x10		2x10		
1C	Bear Crawl (Left & Right)	2x20ea		2x20ea		2x20ea		
1D	Band Lat Pulldown w/ 3 ecc	2x15		2x15		2x15		
2A	Incline Close Grip BP w/ 5 ecc	x5,3,1	(warmup)	x5,3 (w/u)		x5,3 (w/u)		
		x5,4,3,2		x5,4,3,2		x5,4,3,2		
2B	Kneel Chest Pass into Wall	4x5		4x5		4x5		
2C	Incline prone Y-Raise	4x10		4x10		4x10		
3A	1/2 Kneel SA LM Press w/ 3 ecc	3x5ea		3x5ea		3x5ea		
3B	DB SA Row w/ 3s ecc	3x5ea		3x5ea		3x5ea		
3C	OH Plate Sit Up (straight legs)	3x5-10		3x5-10		3x5-10		
3D	DB Hammer Curl w/ 3s ecc	3x5-10		3x5-10		3x5-10		

	DAY 2: Lower Body	WEEK 1		WEEK 2		WEEK 3		NOTES
w/u	RDL + High Pull + Hang Clean + Front Squat	2x3ea		2x3ea		2x3ea		
1A	SL Reverse Hyper	3x10ea		3x10ea		3x10ea		
1B	P1 Hang Power Clean	x5,4,3		x5,4,3		x5,4,3		
1C	Band Broad jump	3x5		3x5		3x5		
1D	Spring Ankle (high heel)	3x15s e		3x15s e		3x15s e		
2A	Back Rack Split Squat w/ 5s ecc	x5,3,1ea	(warmup)	x5,3,1ea	(warmup)	x5,3,1ea	(warmup)	
		2x3ea,2x2ea		2x3ea,2x2ea		2x3ea,2x2ea		
2B	Depth Drop Split Squat Stance	4x3ea		4x3ea		4x3ea		
2C	10yd Start Weighted/Sled	4x1		4x1		4x1		
3A	Nordic HS Curl w/ 5s ecc	2x3-5		2x3-5		2x3-5		
3B	Piston Squat w/ 3 ecc	2x5ea		2x5ea		2x5ea		
3C	Bench Groin	2x20-30sea		2x20-30sea		2x20-30sea		
3D	Partner Abs	2x5ea		2x5ea		2x5ea		

	DAY 3: Upper Body	WEEK 1		WEEK 2		WEEK 3		NOTES
1A	Plate Push Up Drop Catch w/ 3s iso	2x5		2x5		2x5		
1B	MB Rot. Slam Kneeling	2x5ea		2x5ea		2x5ea		
1C	Crab Walk (forward & backward)	2x20ea		2x20ea		2x20ea		
1D	Inverted Row w/ 3s ecc (underhand)	2x10		2x10		2x10		
2A	CG Bench Press w/ 3s ecc	x5,3,1	(warmup)	x5,3,1	(warmup)	x5,3,1	(warmup)	
		x5,4,3,2		x5,4,3,2		x5,4,3,2		
2B	MM Push Press for height	4x5		4x5		4x5		
2C	DB Lateral Raise	4x10		4x10		4x10		
3A	Split Stance SA Shoulder Press w/ 3s ecc	3x5ea		3x5ea		3x5ea		
3B	CMB Pullover w/ 3s ecc	3x5		3x5		3x5		
3C	Plate Skull Crusher w/ 3s ecc	3x5		3x5		3x5		
3D	Hanging Knee Raise w/ 3s ecc	3x5-10		3x5-10		3x5-10		

	DAY 4: Lower Body	WEEK 1		WEEK 2		WEEK 3		NOTES
w/u	RDL + High Pull + Hang Power Snatch + OHS	2x3ea		2x3ea		2x3ea		
1A	Prone Band HS Curl	3x15		3x15		3x15		
1B	Hang Power Snatch	x5,4,3		x5,4,3		x5,4,3		
1C	Band Double Leg Lateral Jump	3x3ea		3x3ea		3x3ea		
1D	Spring Ankle (High Heel)	3x15sea		3x15sea		3x15sea		
2A	Front Squat w/ 3s ecc	x5,3,1	(warmup)	x5,3,1	(warmup)	x5,3,1	(warmup)	
		x5,4,3,2		x5,4,3,2		x5,4,3,2		
2B	Trap Bar Continuous Jump	4x5		4x5		4x5		
2C	10yd Start Resisted/Sled	4x1		4x1		4x1		
3A	DB Staggered Stance RDL w/ 3s ecc	2x5-10ea		2x5-10ea		2x5-10ea		
3B	DB Cossak Squat w/ 3s ecc	2x5-10ea		2x5-10ea		2x5-10ea		
3C	Bench Glute	2x20-30s ea		2x20-30s ea		2x20-30s ea		
3D	Ab Windmill w/ 3s ecc	2x10ea		2x10ea		2x10ea		