

MASQ TRAINING

PHASE 1

DAY 1	BB BACK RACK REVERSE LUNGE	TIME	TEMPO	DAY 2	BB STAGGERED STANCE GOODMORNING	TIME	TEMPO	DAY 3	BB Z-PRESS	TIME	TEMPO
Week 1	3x10ea	on the 3:30		Week 1	6x3ea	on the 2:00	3s ecc	Week 1	8x5	on the 1:30	
Week 2	4x8ea	on the 2:30		Week 2	6x3ea	on the 2:00	3s ecc	Week 2	10x4	on the 1:30	
Week 3	5x6ea	on the 2:00		Week 3	6x3ea	on the 2:00	3s ecc	Week 3	12x3	on the 1:00	
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 BACK SQUAT	TIME	TEMPO	DAY 2	BB FRONT RACK SPLIT SQUAT	TIME	TEMPO	DAY 3	BB SHOULDER PRESS	TIME	TEMPO
Week 1	5x5	on the 3:30	6s ecc	Week 1	6x3ea	on the 2:00	3s iso	Week 1	8x5	on the 1:30	
Week 2	6x4	on the 2:30	6s ecc	Week 2	6x3ea	on the 2:00	3s iso	Week 2	9x4	on the 1:30	
Week 3	7x3	on the 2:00	6s ecc	Week 3	6x3ea	on the 2:00	3s iso	Week 3	10x3	on the 1:00	
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 ROMAIN DEADLIFT	TIME	TEMPO	DAY 2	BB BOX FRONT SQUAT	TIME	TEMPO	DAY 3	BB PUSH PRESS	TIME	TEMPO
Week 1	5x6	on the 3:30	3s iso	Week 1	10x3	on the 1:00	1s iso	Week 1	8x3	on the 1:30	
Week 2	5x5	on the 2:30	3s iso	Week 2	10x3	on the 1:00	1s iso	Week 2	10x2	on the 1:30	
Week 3	6x4	on the 2:00	3s iso	Week 3	10x3	on the 1:00	1s iso	Week 3	5x2,5x1..1RM	on the 1:30	
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 + 3x5ea DB SA Row		

PHASE 4

DAY 1	FRONT SQUAT	TIME	TEMPO	DAY 2	FRONT RACK STEP UP	TIME	TEMPO	DAY 3	BB JERK	TIME	TEMPO
Week 1	6x3	on the 2:30		Week 1	6x5ea	on the 2:00		Week 1	6x5ea	on the 2:00	
Week 2	7x2	on the 2:00		Week 2	6x5ea	on the 2:00		Week 2	6x5ea	on the 2:00	
Week 3	x5,4,3,2,1..1RM	on the 2:00		Week 3	6x5ea	on the 2:00		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/>