

MASQ TRAINING

	DAY 1		WEEK 1		WEEK 2		PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS		RECORD WEIGHTS		
1A	Build to Heavy Complex 3 Position Sqt Snatch (Floor, Knee, Hip) + OHS	5x	start @60%		start @65%		
2A	Segmented Snatch Pull https://youtu.be/Vc_CWKFc0ug	3x5	@65-75%		@70-80%		off snatch 1s pause at each position
3A	BB Bench Press w/ 3s pause halfway down & up	4x4					Week 1: 60-70% Week 2: 65-75%
4A	DB Z-Press w/ 3s pause at top	3x8					*Rest 30-60sec b/w exercises
4B	2 DB High Pull w/ 3s pause at top	3x8					
4C	2 DB Skull Crusher w/ 1 sec pause at bottom	2 x 20					*Rest 30-60sec b/w exercises
4D	2 Plate Reverse Flyl w/ 1 sec pause at top	2 x 20					

	DAY 2		WEEK 1		WEEK 2		PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS		RECORD WEIGHTS		
1A	Build to Heavy Complex 3 Position Sqt Clean (Floor, Knee, Hip)	5x	start @60%		start @65%		
2A	Segmented Clean Pull https://youtu.be/Vc_CWKFc0ug	3x5	@70-80%		@75-85%		of clean
3A	Back Squat to low box (about bottom of sqt height) w/ 3s pause just above box on way down and up	3x4	engage glutes/hamstrings to hold those bottom psotions				Week 1: 60-70% Week 2: 65-75%
4A	BB Hip Thrut w/ 3 sec pause at top *feet elavted 6-8inches, shoulders on ground	3x6ea					*Rest 30-60sec b/w exercises
4B	2 DB Split Squat w/ 3 sec pause (front foot on plate) https://youtu.be/5nQAYl51Hml	3x3ea	vertical shin, drive through hips not quads				
4C	Chin Up w/ 1s pause at top *band up to get all reps	2x20					*Rest 30-60sec b/w exercises
4D	Prone Band HS Curl w/ 1s pause at top https://www.youtube.com/watch?v=LtTcXXgeRYo	2x20					

	DAY 3		WEEK 1		WEEK 2		PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS		RECORD WEIGHTS		
1A	Build to Heavy Complex 2 Push Jerk + Split Jerk	5x	start @60%		start @65%		
2A	BB Shoulder Press w/ 3s pause halfway down & up	4x4					Week 1: 60-70% Week 2: 65-75%
3A	BB RDL w 1s pause @mid-thigh, knee, mid-shin, knee, mid-thigh (so 5 pauses total each rep)	3x5					Heavy as can long as can maintain good good position & feel post chain
3A	2 DB RFE Squat w/ 3 sec puse at bottom *sit back on way down	3x6ea					
3B	2 DB Chest Supported Row w/ 3s pause at top	3x8					*Rest 30-60sec b/w exercises
3C	DB Pullover w/ 1s pause at bottom	2x20					*Rest 30-60sec b/w exercises
3D	Wtd Hip Extension	2x20					