

MASQ TRAINING

	DAY 1		WEEK 1				WEEK 2				WEEK 3				PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS					
1A	Build to Heavy Complex 3 Position Power Snatch (Floor, Knee, Hip)	5x	start @55%				start @60%					start @65%				
2A	Snatch Pull w/ 3s iso below knee	3x5	@60-70				@65-75					@70-80				off snatch 1s pause at each position
3A	BB Bench Press w/ 3s pause halfway down & up	4x4	@50-60				@55-65					@60+				Week 1: 60-70% Week 2: 65-75%
4A	DB Z-Press w/ 3s pause at top		3x6				3x7					3x8				*Rest 30-60sec b/w exercises
4B	Ring Pull Up w/ 3 iso at top		3x6				3x7					3x8				
4C	2 DB Skull Crusher	2 x 20														*Rest 30-60sec b/w exercises
4D	2 Plate Reverse Fly	2 x 20														

	DAY 2		WEEK 1				WEEK 2				WEEK 2				PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS					
1A	Build to Heavy Complex 3 Position Power Clean (Floor, Knee, Hip)	5x	start @55%				start @60%					start @65%				
2A	Clean Pull w/ 3s iso below knee	3x5	@60-70				@65-75					@70-80				of clean
3A	BB Split Squat w/ 3s pause halfway up and down w/ 3s pause just above box on way down and up	3x4ea				front shin vertical hips stay under shoulder on descent										Week 1: 60-70% Week 2: 65-75%
4A	DB SL Hip Thrust w/ 3 iso at top *Feet elevated on plate		3x4ea				3x5ea					3x6ea				*Rest 30-60sec b/w exercises
4B	Wtd SL Hip Extension w/ 3 iso at top		3x4ea				3x5ea					3x6ea				
4C	Banded Knee Extension https://youtu.be/etPxBZlQlCo	2x20														*Rest 30-60sec b/w exercises
4D	Prone Band HS Curl https://www.youtube.com/watch?v=LtTcXXqeRYo	2x20														

	DAY 3		WEEK 1				WEEK 2				WEEK 2				PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS					
1A	Build to Heavy Complex 3 Power Jerks w/ 1s iso in dip and catch	5x	start @55%				start @60%					start @65%				
2A	BB Shoulder Press w/ 3s pause halfway down & up	3x4	@50-60				@55-65					@60+				Week 1: 60-70% Week 2: 65-75%
3A	BB Sn Gr RDL w 1s iso @mid-thigh, knee, mid-shin, knee, mid-thigh (so 5 pauses total each rep)	3x4														Heavy as can long as can maintain good position & feel post chain
3A	DB Goblet RFE Squat w/ 3 sec puse at bottom *sit back on way down		3x4ea				3x5ea					3x6ea				
3B	2 DB Chest Supported Row w/ 3s pause at top		3x6				3x7					3x8				*Rest 30-60sec b/w exercises
3C	2 DB Hammer Curl	2x20														*Rest 30-60sec b/w exercises
3D	Patrick Step Up https://youtu.be/16AjEFQADyl	2x10ea				*gradually increase height of bow for bigger ROM										