-			I	MASQ TRAI	NING				
	DAY 1		WEEK 1			WEEK 2			
1	LIFT	SETS		RECORD WEIGHTS		RECORD WEIGHTS		PERCENTAGE/ NOTES	
A	Build to Heavy Complex	5x	start @55%		start @60%				
	3 Position Sqt Snatch (Floor, Knee, Hip)								
2A	BB Bench Press w/ 3s pause halfway down & up	4x4					Week 1: 65-75%		
							Week 2: 70-80%		
A	Snatch Pull w/ 3s pause halfway down & up	3x4	@80%		@85%		of snatch		
A	SA DB Z-Press w/ 3s pause halfway down & up	3x4							
~	SA DB 2-Press w/ 35 pause naliway down & up	384					*Rest 30-60sec	/w exercise	
в	DB Single Arm High Pull w/ 3s pause at top	3x8ea							
C	2 DB Skull Crusher w/ 3 sec pause at bottom	2 x fail							
							*Rest 30-60sec I	o/w exercise	
D	2 Plate Lateral w/ 3 sec pause at top	2 x fail					aim for 15-25 rep	os	
	DAY 2		WEEK 1 RECORD WEIGHTS			WEEK 2 RECORD WEIGHTS		GE/ NOTES	
A	LIF I Build to Heavy Complex	SETS 5x	start @60%	RECORD WEIGHTS	start @65%	RECORD WEIGHTS			
~	3 Position Sqt Clean (Floor, Knee, Hip)	5.	start @00 %		start @03 /s				
A	Back Squat w/ 3s pause halfway down & up	3x4					Week 1: 65-75%		
							Week 2: 70-80%		
A	Clean Pull w/ 3s pause halfway down & up	3x4	@80%		@85%		of clean		
			-		-				
A	BB Split Stance Godmorning w/ 3s pause at bottom	3x6ea					*Rest 30-60sec I	o/w exercise	
в	2 DB RFE Squat w/ 3s pause on way down & up	3x3ea							
	*front foot on plate								
C	Pull Up w/ 3s pause at top	2xfail					*Rest 30-60sec I	o/w exercise	
		2x10-20							
D	Quad Fallout w/ 3s pause at bottom *use rings for assistance if needed	2x10-20							
	use migs for assistance if needed								
_	DAY 3			WEEK 1		WEEK 2			
	LIFT	SETS		RECORD WEIGHTS		RECORD WEIGHTS		GE/ NOTES	
Α	Build to Heavy Complex	5x	start @60%		start @65%				
	2 Push Jerk + Split Jerk								
A	BB Shoulder Press w/ 3s pause halfway down & up	4x4					Week 1: 65-75%		
							Week 2: 70-80%		
A	Push Press w/ 6 sec pause OH	3x4					Heavy as can long a	s can maintain (
A	CALendmine Dress w/ 2s iss at better	3x8ea					good position		
A	SA Landmine Press w/ 3s iso at bottom	3x0ea							
в	DB Single Arm Row w/ 3s iso at top	3x8ea					*Rest 30-60sec I	hw evercise	
5		0,000					11631 30-00360 1	JAN CACICISE	
С	DB Pullover w/ 3s pause at bottom	2 x fail							
-							*Rest 30-60sec I	o/w exercise:	
D	Plate Reverse Fly w/ 3 sec pause at top	2 x fail					aim for 15-25 rep	os	
	DAY 4			WEEK 1		WEEK 2 RECORD WEIGHTS		GE/ NOTES	
1A				RECORD WEIGHTS		RECORD WEIGHTS			
A	Build to Heavy 3 Above Knee Block Power Snatch	5x	start @55%		start @60%				
A	Build to Heavy	5x	start @55%		start @60%				
~	3 Above Knee Block Power Clean	5.4	start @55 %		start @00 %				
A	BB Front Squat w/ 3s pause halfway down & up	3x4					Week 1: 65-75%		
•	*Rest 20-30s b/w sets of 6*						Week 2: 70-80%		
A	BB Split Stance RDL w/ 3 sec iso at bottom	3x6ea							
							*Rest 30-60sec I	o/w exercise	
в	2 DB Split Squat w/ 3s pause on way down & up	3x3ea							
	*front foot on plate								
	Chin Up w/ 3s pause at top	2 x fail					*Rest 30-60sec I	o/w exercise	
ю	onin op w os pause at top						1		
iC iD	GHR w/ 3 sec pause 1/2 way down *use PVC to assist if needed	2x10-20							