

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)	5x	start @55%	start @60%		
2A	BB Bench Press w/ 3s pause halfway down & up	4x4				Week 1: 65-75% Week 2: 70-80%
3A	Snatch Pull w/ 3s pause halfway down & up	3x4	@80%	@85%		of snatch
4A	SA DB Z-Press w/ 3s pause halfway down & up	3x4				
4B	DB Single Arm High Pull w/ 3s pause at top	3x8ea				*Rest 30-60sec b/w exercises
4C	2 DB Skull Crusher w/ 3 sec pause at bottom	2 x fail				
4D	2 Plate Lateral w/ 3 sec pause at top	2 x fail				*Rest 30-60sec b/w exercises aim for 15-25 reps

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	Back Squat w/ 3s pause halfway down & up	3x4				Week 1: 65-75% Week 2: 70-80%
3A	Clean Pull w/ 3s pause halfway down & up	3x4	@80%	@85%		of clean
4A	BB Split Stance Godmorning w/ 3s pause at bottom	3x6ea				*Rest 30-60sec b/w exercises
4B	2 DB RFE Squat w/ 3s pause on way down & up *front foot on plate	3x3ea				
4C	Pull Up w/ 3s pause at top	2xfail				*Rest 30-60sec b/w exercises
4D	Quad Fallout w/ 3s pause at bottom *use rings for assistance if needed	2x10-20				

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: 65-75% Week 2: 70-80%
3A	Push Press w/ 6 sec pause OH	3x4				Heavy as can long as can maintain good good position
3A	SA Landmine Press w/ 3s iso at bottom *1/2 kneel	3x8ea				
3B	DB Single Arm Row w/ 3s iso at top	3x8ea				*Rest 30-60sec b/w exercises
3C	DB Pullover w/ 3s pause at bottom	2 x fail				*Rest 30-60sec b/w exercises
3D	Plate Reverse Fly w/ 3 sec pause at top	2 x fail				aim for 15-25 reps

DAY 4		WEEK 1		WEEK 2		PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS		RECORD WEIGHTS		
1A	Build to Heavy 3 Above Knee Block Power Snatch	5x	start @55%	start @60%		
2A	Build to Heavy 3 Above Knee Block Power Clean	5x	start @55%	start @60%		
3A	BB Front Squat w/ 3s pause halfway down & up *Rest 20-30s b/w sets of 6*	3x4				Week 1: 65-75% Week 2: 70-80%
4A	BB Split Stance RDL w/ 3 sec iso at bottom	3x6ea				*Rest 30-60sec b/w exercises
4B	2 DB Split Squat w/ 3s pause on way down & up *front foot on plate	3x3ea				
4C	Chin Up w/ 3s pause at top	2 x fail				*Rest 30-60sec b/w exercises
4D	GHR w/ 3 sec pause 1/2 way down *use PVC to assist if needed	2x10-20				