

MASQ TRAINING

DAY 1		WEEK 1			WEEK 2			WEEK 3			PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	Hip Power Snatch (bar speed/use stretch reflex)	3x5			4x4			5x3			
1B	Seated Box Jump	3x5			4x4			5x3			
2A	3 Position Snatch -hip, above knee, below knee	5@60-70%			4@65-75%			3@70+			
3A	BB Shoulder Press w/ 3s pause halfway down & up	3x5 60-70%			4x4 65-75%			4x3 70%+			
4A	SA Landmine Press 3s iso at top -1/2 kneel	2x10ea			3x8ea			3x6ea			*Rest 30-60sec b/w exercises
4B	DB SA Row w/ 3s iso at top	2x10ea			3x8ea			3x6ea			
5A	2 DB JM press w/ 1 sec pause at bottom	1x25			2x15			2x20			*Rest 30-60sec b/w exercises
5B	2 Plate Lateral w/ 1 sec pause at top	1x25			2x15			2x20			
DAY 2		WEEK 1			WEEK 2			WEEK 3			PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	Mid Thigh Power Clean (bar speed/use stretch reflex)	3x5			4x4			5x3			
1B	2 DB Seated Box Jump (30-50s)	3x5			4x4			5x3			
2A	3 Position Clean -hip, above knee, below knee	5@60-70%			4@65-75%			3@70+			
3A	Back Squat w/ 3s pause halfway down & up Try to perform pause at your stick point	3x5 55-65%			4x4 60-70%			4x3 65%+			
4A	BB Hip Thrust w/ 3s iso at top	2x10			3x8			3x6			*Rest 30-60sec b/w exercises
4B	DB Split Squat w/ 3s iso bottom *front foot on plate, db in hand side leg is forward	2x8ea			3x6ea			3x4ea			
5A	WTD Hip Extension w/ 1s iso at top	2x10			2x12			2x15			*Rest 30-60sec b/w exercises
5B	SL Bench Groin Plank	2x20s ea			2x30s ea			2x40s ea			
DAY 3		WEEK 1			WEEK 2			WEEK 3			PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	Push Press	3x5			4x4			5x3			
1B	2 DB CMJ Box Jump@30-50s	3x5			4x4			5x3			
2A	3 jerk (pick jerk technique your weaker at) 2s pause in dip & catch	5@60-70%			4@65-75%			3@70+			
3A	BB RDL w/ 6 sec pause at bottom -hamstring tension	3x5			3x4			3x3			
3B	BB Floor Press w/ 3s pause halfway down & up Pause should be when arms are just above ground	3x5			3x4			3x3			
4A	Rope Pull Up w/ 1s pause at top *hands together, diff hand on top for each set	2xME									*Rest 30-60sec b/w exercises
4B	Quad Fallout w/ 1 iso at bottom	2x10			2x12			2x15			*Rest 30-60sec b/w exercises
4C	BB Shurgs Heavy (waer straps)	2x10			2x12			2x15			