

MASQ TRAINING

DAY 1: low mod		WEEK 1				WEEK 2				WEEK 3				WEEK 4				NOTES
1A	Snatch Pull w/ 3s iso at knee on way up	3x3@70-80				3x3@75-85				3x4@75-85				3x4@80-90				
2A	Front Squat w/ 5s iso Deadstop TB Jump@95	4x1@75-85% 4x5				4x2@65-75% 4x5				4x2@70-80% 4x5				4x2@75-85% 4x5				
3A	2 DB RFE Squat w/ 5s iso	4x2e				4x2e				4x3e				4x3e				
3B	1 DB SL RDL (hand supp) w/ 5 iso	4x2e				4x2e				4x3e				4x3e				
4A	GHR w/ 5s iso	4x3				4x3				4x4				4x4				
4B	Quad Fallout w/ 3s iso	4x5				4x5				4x7				4x7				
4C	Glute Plank iso bott -add weigth	4x15s				4x15s				4x20s				4x20s				
DAY 2: up high		WEEK 1				WEEK 2				WEEK 3				WEEK 4				NOTES
1A	Bench Press w/ 3s iso Deadstop Plyo Push Up	5x2@75-85% 5x5				5x3@65-75% 5x5				5x3@70-80% 5x5				5x3@75-85% 5x5				
2A	BB Z-Press w/ 1s iso at bottom,forhead,t	5x3				5x3				5x4				5x4				
2B	Wtd Chin Up w/ 3s iso at top	5x3				5x3				5x4				5x4				
2C	Plate Prone Plate Y-Raise 3s iso	5x5				5x5				5x7				5x7				
3A	1/2 Kneel SA LM Press w/ 5s iso bott	5x2e				5x2e				5x3e				5x3e				
3B	DB Pullover w/ 5s iso	5x2				5x2				5x3				5x3				
3C	DB Hammer Curl w/ 3s iso top	5x5				5x5				5x7				5x7				
3D	DB/BB Shrugs w/ 3s iso	5x5				5x5				5x7				5x7				
DAY 3: low high		WEEK 1				WEEK 2				WEEK 3				WEEK 4				NOTES
1A	Clean Pull w/ 3s iso at knee on way up	3x3@70-80				3x3@75-85	185	195	205	3x4@75-85				3x4@80-90				
2A	Back Squat w/ 3s iso Deadstop TB Jump@95	4x2@75-85% 4x5				4x3@65-75% 4x5	200	210	220	4x3@70-80% 4x5				4x3@75-85% 4x5				
3A	2 DB Split Squat w/ 3s iso	4x3e				4x3e	85s			4x4e				4x4e				
3B	2 DB Split Stance RDL w/ 3s iso	4x3e				4x3e	85s			4x4e				4x4e				
4A	SL GHR w/ 3s iso	4x3e				4x3e				4x4e				4x4e				
4B	2 DB Step Up w/ 3s iso bott	4x5e				4x5e	30s			4x6e				4x6e				
4C	Groin Plank iso bot -add weigth	4x15s				4x15s		20		4x20s				4x20s				
DAY 4: up mod		WEEK 1				WEEK 2				WEEK 3				WEEK 4				NOTES
1A	Push Press w/ 5s iso Deadstop Plyo Push Up	5x1@75-85% 5x5ea				5x2@65-75% 5x5e	145			5x2@70-80% 5x5e				5x2@75-85% 5x5e				
2A	BB Close Grip Incline Bench Press w/ 5s i	5x3				5x3	145			5x4				5x4				
2B	DB SA ROW w/ 5s iso	5x3e				5x3e	80			5x4e				5x4e				
2C	Plate Front Raise w/ 3s ecc	5x5				5x5	10			5x7				5x7				
3A	Dip w/ 2s iso	5x2				5x2	35			5x3				5x3				
3B	DB Chest Supported Row w/ 3s iso	5x3				5x3	45			5x4				5x4				
3C	DB Incline Skull Cursher w/ 3s iso	5x5				5x5	25			5x7				5x7				
3D	2 DB Hi Pull w/ 3 iso	5x5				5x5	25			5x7				5x7				
DAY 5: total low		WEEK 1				WEEK 2				WEEK 3				WEEK 4				NOTES
1A	Def Trap Bar DL (hingy) w/ 7s iso knee on way down	5x1@75-85				5x2@65-75				5x2@70-80				5x2@75-85				
2A	DB Goblet Piston Squat w/ 3s iso	3x5e				3x5e				3x6e				3x6e				
2B	SL Band Rev Hyp OC ISO	3x15s ea				3x15s ea				3x15s				3x15s				
2C	DB Goblet Cossak Squat w/ 3s iso	3x5e				3x5e				3x6e				3x6e				
2D	Band HS Curl w/ 3s iso	3x5				3x5				3x6				3x6				
3A	Incline Bottom 1/2 DB Bench Press w/ 3s	3x6				3x6				3x7				3x7				
3B	NGr Lat Pulldown w/ 3s iso bot	3x6				3x6				3x7				3x7				
3C	2 DB Bottom 1/2 Shoulder Press w/ 3s iso	3x6				3x6				3x7				3x7				
3D	NGr Cable Row w/ 3s iso da	3x6				3x6				3x7				3x7				
3E	Cable Tricep OH Ext w/ 3s iso da	3x6				3x6				3x7				3x7				
3F	Cable Bicep Curl w/ 3s iso da	3x6				3x6				3x7				3x7				