



# PHASE 1



	DAY 1: HIGH INTENSITY LOWER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS		
1A	Hand Assisted Squat w/ 10 sec iso at bottom (rest 30 b/w 1 + 1)	4x1+1					
1B	Depth Vertical Jump	4x5					
1C	2 DB Squat Jump@50-60	4x5					
2A	RFE Hand Assisted Squat w/ 10 sec iso at bottom	5x1ea					
2B	2 Db Alternating Lunge Jump	5x3ea					
3A	BB Hip Thrust w/ 10s iso at top (shoulder elev)	5x1					
3B	DB SL RDL w/ 10 s iso at bottom	5x1ea					
	DAY 2: HIGH INTENSITY UPPER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS		
1A	Seated OH Press w/ 10 s at forehead on way down (rest 30 b/w 1 + 1)	4x1+1					
1B	2 Db Shoulder Press@10-20	4x5					
1C	2 DB Shoulldr Press@30-40	4x5					
2A	BB Chest Supported Row w/ 10 sec is at top	5x1					
2B	Wtd Dip w/ 10 sec iso at bottom	5x1					
3A	Wtd Chin Up w/ 10 sec iso at top	5x1					
3B	SA LM Press w/ 10 sec iso at bottom	5x1ea					
	DAY 3: VOLUME LOWER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS		
1A	BB RDL w/ 10 sec iso at bottom (rest 30 sec b/w 3+3)	3x3+3				45-55%	
1B	Wtd Hip Extension Hold	3x30s					
2A	Hand Assisted Squat w/ 10 sec iso at bottom	3x3				45-55%	
2B	BW Squat Hold	3x30s					
3A	BB Hip Thrust w/ 10 sec iso at top (feet elev)	3x3					
3B	BB Split Squat w/ 10s iso at bottom	3x3					
	DAY 4: VOLUME UPPER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS		
1A	BB BP w/ 10 sec iso at bottom (rest 30 sec b/w 3+3)	3x3+3				45-55%	
1B	Push Up Hold	3x30s					
2A	Lat Pulldown	6x3				45-55%	
2B	Lat Pulldown ISO	6x30s					
3A	DB Pullover w/ 10s iso at bottom	3x3					
3B	2 DB Skull Crusher w/ 3s iso at bottom	3x10					
3C	DB SA Row w/ 10s iso at top	3x3					



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