

MASQ TRAINING

TRAINING FOCUS		LIMITATIONS	
MOBILIBILATY CIRCUIT		EQUIPMENT	NONE
		BODY PARTS	TOTAL BODY
NO.	EXERCISE	NO.	EXERCISE
1	SQUAT (CANNON BALL, NORMAL, SUMO)	6	KNEE SIT
sets x reps	2 x 5ea	sets x reps	2 x 1-2min
2	LUNGE HIP FLEXOR STRETCH	7	DEEP SQUAT, ELBOWS TO KNEES
sets x reps	2 x 1-2min ea	sets x reps	2 x 45s
3	90/90 HIP FLIP	8	1/2 KNEELING LATERAL LUNGE
sets x reps	2 x 5ea	sets x reps	2 x 1-2min ea
4	PRONE KNEE TO CHEST	9	V-SIT
sets x reps	2 x 1-2min ea	sets x reps	2 x 1-2min
5	PIGON STRETCH	10	BUTTERFLY
sets x reps	2 x 1-2min ea	sets x reps	2 x 1-2min
WORKOUT EXPLANATION			
A. Perform exercises 1-10 in order. Take rests when needed.			
B. Stay out of pain, only push to a point of discomfort, hold for 10-15ses, and relax for a few seconds. Repeat till 1-2 min is up.			
https://www.masqtraining.com/			