MASQ TRAINING

	DAY 1		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Snatch Balance + Pause OHS		2+1@60, 2x2+1@65, 2x1+1@70	2+1@60, 2+1@65, 1+1@70,1+1@75	2+1@60, 2+1@70,1+1@75, 1+1@80%	
	2 sec pause		set every 2-2.5 min	set every 2-2.5 min	set every 2-2.5 min	
2A	Squat Snatch		2@60, 2@65, 3x2@70 ground	3@60%, 3@65%, 3x3@70% from hip crease	3@65%, 3@70%, 3x3@75% from above knee	
			set every 2-2.5 min	set every 2-2.5 min	set every 2-2.5 min	
3A	Snatch Pull+shrugs		3x4+5@75/80/85	3x3+5@85/90/95	3x2+5@95/100/105	
	-wear straps					
4A	SA Landmine Press w/ 3sec pause 1/2 way down		2x10ea	2x10ea 45 lbs	2x10ea	https://www.youtube.com/watch?v=
	-1/2 kneel					
4B	SA Landmine Meadow Row		2x10ea	2x10ea 55lbs	2x10ea	https://www.youtube.com/watch?v=
4C	DB Split Stance RDL	2x10ea				
4D	Plate Front Raise	2x20				

	DAY 2		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Tall Power Clean + FS + Push Press		3x3+3+3	3x3+3+3	3x3+3+3	
					135/135/155	
2A	Squat Clean + Jerk		1@65%, 1@70, 3@75% ground	1@60%, 1@65%, 3@70%	1@60%,1@65%, 1@70%, 2@75%	
			2 Squat Clean & Jerk	3 Mid Thigh Clean + 1 Jerk	3 AK Clean + 1 Jerk	
3A	Clean Pull+Shrugs		3x3+5@75/80/85	3x2+5@85/90/95	3x1+5@95/100/105	Vertical torso, drop back knee straight down
	-wear straps					
4A	BB Z Press 1 sec pause at top & bottom		2x10	2x10	2x10	https://youtu.be/jVlQhlKf-5Q
4B	Chin Up		2x10	2x10	2x10	
4C	2 DB Walking Lunge	2x10ea	35/50	50		
4D	DB Zottman Curl	2x20	25	25		

https://www.masqtraining.com/