MASQ					MASC	TRAINI	NG					~	
	DAY 1: Clean Empha	DAY 1: Clean Emphasis			W	WEEK 2		WEEK 3		WEEK 4			
	LIFT	SETS	WEEK 1 RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		PERCENTAGE/ NOTES		
Ą	Below Knee Power Snatch	Heavy 3							heavy 2				
		2 drop sets@90							2x2@90		3: 10/10	eek 2: 8-9/10, wee	
A	2 Pause Below Knee Clean	5x							5x2 no p	ause on first clean			
	- 1 sec pause										week 1: 7/10, week 2: 8-9/10, week 3: 10/10 week 1: 7/10, week 2: 8-9/10, week 3: 10/10		
A	Power Jerk + 2 Split Jerk	Heavy complex							2 split 2x2@90				
		2 drop sets@90											
A	Front Squat	4x5							4x3		wk1: 65-75%	wk2: 70-80%	
•	- for time	1.10							1.10		wk 3: 75-85%	wk 4: 80-90	
A	Clean Pull	4x3							4x2		wk1: 90%	wk2: 95%	
1		4x3							482		wk 3: 100%	wk 4: 105%	
٩	DB SA OH Press	4x3ea									WK 3. 100%	WK 4. 105%	
5C	DA SA Row	4x3ea											
	DAY 2: Snatch Emph	asis		WEEK 1	W	WEEK 2		WEEK 3		WEEK 4			
	LIFT	SETS					RECORD WEIGHTS		RECORD WEIGHTS		PERCENTAGE/ NOTES		
A	Below Knee Power Clean	Heavy 3							heavy 2		week 1: 7/10, week 2: 8-9/10, week		
		2 drop sets@90							2x2@90		week 1: 7/10, we 3: 10/10	ek 2: 8-9/10, wee	
Ą	2 Pause Below Knee Snatch							5x2 no pause on first snatch					
	- 1 sec pause	U.A.							0/12 110 -		week 1: 7/10, we 3: 10/10	eek 2: 8-9/10, we	
Ą	Snatch Balance	4x3							4x2				
`		440									week 1: 7/10, week 2: 8-9/10, wee 3: 10/10		
Ą	Snatch Grip Push Press	4x3							4x2		week 1: 7/10, week 2: 8-9/10, week 3: 10/10		
A	Snatch Pull	4x3							4x2		wk1: 90%	wk2: 95%	
`		47.0							472		wk 3: 100%	wk4: 105%	
3	Wtd Pull Up	4x3									WK 3. 100 /0	WK4. 10376	
,		473											
5C	Wtd Dip	4x3											
	DAY 3: Full Lifts LIFT SETS		WEEK 1		WEEK 2 RECORD WEIGHTS		WEEK 3 RECORD WEIGHTS		WEEK 4		PERCENTAGE/ NOTES		
		SETS		ECORD WEIGHTS		DWEIGHTS		RD WEIGHTS		RECORD WEIGHTS			
Ą	Snatch EMOM		10@75-85%		10@77-87%		10 emom		10@80-90%				
							start@75% build to ma	x					
A	C&J EMOM		10@75-85%		10@77-87%		10 emom		10@80-90%				
							start@75% build to ma	x					
Ą	Shoulder Press Pause Over head	3x3							3x2		wk1: 65-75%	wk2: 70-80%	
	1 sec										wk 3: 75-85%	wk 4: 80-90	
A	Paused Front Squat	3x3							3x2		wk1: 65-75%	wk2: 70-80%	
	1 sec										wk 3: 75-85%	wk 4: 80-90	
۹	Pause Below Knee Deadlift	3x3							3x2		wk1: 65-75%	wk2: 70-80%	
	1 sec										wk 3: 75-85%	wk 4: 80-90	
3	2 Db RDL	3x5											
с	2 Db Bent Over ROw	3x5											
												_	
												•	