			MASQ TRAINING			
DAY 1:	WEEK 1		WEEK 2	WEEK 3	WEEK 4	
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	PERCENTAGE/ NOTES
Snatch Lift Off + Pull + Snatch OT2M	6x1					
						build to heavy complex each week
Clean Lift Off + Pull + Clean OT2M	6x1					
						build to heavy complex each week
Front Squat (move bar as fast as possible, SPEED!	5x1+1					Wk 1: 80-85, wk 2: 83-88, wk 3: 95
*Rest 20-30s b/w sets of 1						90, wk 4: build to heavy single/1RN
Snatch RDL	3-4x5					*Rest 30-60sec b/w exercises
	l					*No Failed Reps
2 DB Step Up	3-4x5ea					*Keep weight light to moderate
						focus on fast concentric
BB Hip Thrust	3-4x5					
*Shoulders on bench						
2 DB Split Squat	3-4x5ea					
DAY 2:		WEEK 1	WEEK 2	WEEK 3	WEEK 4	DEDOENTA OF A NOTEO
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	PERCENTAGE/ NOTES
2 Power Snatch + OHS OT2M	6x2+1					
						build to heavy complex each week
2 Power Clean + Split Jerk OT2M	6x2+1					
						build to heavy complex each week
Push Press	5x2+2					No fails, plan to build over the 4
*Rest 20-30s b/w sets of 2*						weeks
WTD Pull Up	3-4x5					*Rest 30-60sec b/w exercises
						*No Failed Reps
WTD Dip	3-4x5					*Keep weight light to moderate
						focus on fast concentric
SA DB OH Press	3-4x5ea					
SA DB Row	3-4x5ea					
DAY 3:		WEEK 1	WEEK 2	WEEK 3	WEEK 4	DEDOEMT OF WOTER
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	PERCENTAGE/ NOTES
Snatch start at 50% build by 5-10% every 2 minutes	5					Go by feel, you have put in work to hit PRs ni just gotta trust your strength and technique
3 fails allowed then move on						just gotta trust your strength and technique you've built, might take a few weeks to adjust heavy singles
C&J start at 60% build by 5-10% every 2 minutes						
3 fails allowed then move on						just gotta trust your strength and technique you've built, might take a few weeks to adjust heavy singles
Back Squat (move bar as fast as possible, SPEED!	5x2+2					Wk 1: 75-80, wk 2: 77-82, wk 3: 80
*Rest 20-30s b/w sets of 2*						85, wk 4: build to heavy single/1RN
Clean Grip RDL	3-4x5					*Rest 30-60sec b/w exercises
						*No Failed Reps
DB Bench Press	3-4x5					*Keep weight light to moderate
						focus on fast concentric
2 DB RFE Squat	3-4x5ea					
WTD Chin Up	3-4x5					
CI Fri	LIFT natch Lift Off + Pull + Snatch OT2M  ilean Lift Off + Pull + Clean OT2M  ront Squat (move bar as fast as possible, SPEED!  Rest 20-30s b/w sets of 1 natch RDL  DB Step Up  B Hip Thrust Shoulders on bench DB Split Squat  DAY 2: LIFT Power Snatch + OHS OT2M  Power Clean + Split Jerk OT2M  ush Press Rest 20-30s b/w sets of 2*  ITD Dip  A DB OH Press  A DB Row  DAY 3: LIFT natch start at 50% build by 5-10% every 2 minutes 3 fails allowed then move on 3.4 start at 60% build by 5-10% every 2 minutes 3 fails allowed then move on ack Squat (move bar as fast as possible, SPEED! Rest 20-30s b/w sets of 2* lean Grip RDL  B Bench Press  DB RFE Squat	LIFT	LIFT SETS RECORD WEIGHTS  atch Lift Off + Puli + Snatch OT2M 6x1  lean Lift Off + Puli + Clean OT2M 6x1  lean Lift Off + Puli + Clean OT2M 6x1  ront Squat (move bar as fast as possible, SPEEDI) 5x1+1  leant 20-30s biw sets of 1  natch RDL 3-4x5ea  B Hip Thrust 3-4x5  Shoulders on bench  DB Split Squat 3-4x5ea  DAY 2: WEEK 1  LIFT SETS RECORD WEIGHTS  Power Snatch + OHS OT2M 6x2+1  Power Snatch + OHS OT2M 6x2+1  Ush Press 5x2+2  Rest 20-30s biw sets of 2*  TID Pull Up 3-4x5  A DB CH Press 3-4x5ea  A DB Row 3-4x5ea  DAY 3: WEEK 1  RECORD WEIGHTS  RECORD WEIGHTS  RECORD WEIGHTS  A Visea  A DB Row 3-4x5ea  A DB Row 3-4x5ea  SETS RECORD WEIGHTS  RECOR	LIFT SETS RECORD WEIGHTS  natch Lift Off + Pull + Seatch OT2M	LIT	### 1.5 ### 1.

