



# MASQ TRAINING



	DAY 1:				WEEK 1				WEEK 2				WEEK 3				WEEK 4				PERCENTAGE/ NOTES
	LIFT			SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				
1A	Snatch Lift Off + Snatch OT2M			6x1															build to heavy complex each week		
2A	Clean Lift Off + Pull + Clean OT2M			6x1															build to heavy complex each week		
3A	Front Squat (move bar as fast as possible, SPEED) *Rest 20-30s b/w sets of 1			5x1+1															Wk 1: 80-85, wk 2: 83-88, wk 3: 95-90, wk 4: build to heavy single/1RM		
4A	Snatch RDL			3-4x5															*Rest 30-60sec b/w exercises		
4B	2 DB Step Up			3-4x5ea															*No Failed Reps		
4C	BB Hip Thrust *Shoulders on bench			3-4x5															*Keep weight light to moderate		
4D	2 DB Split Squat			3-4x5ea															focus on fast concentric		

	DAY 2:			WEEK 1			WEEK 2			WEEK 3			WEEK 4			PERCENTAGE/ NOTES
	LIFT		SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	2 Power Snatch + OHS OT2M		6x2+1												build to heavy complex each week	
2A	2 Power Clean + Split Jerk OT2M		6x2+1												build to heavy complex each week	
3A	Push Press *Rest 20-30s b/w sets of 2*		5x2+2												No fails, plan to build over the 4 weeks	
4A	WTD Pull Up		3-4x5												*Rest 30-60sec b/w exercises	
4B	WTD Dip		3-4x5												*No Failed Reps	
4C	SA DB OH Press		3-4x5ea												*Keep weight light to moderate focus on fast concentric	
4D	SA DB Row		3-4x5ea													

	DAY 3:		WEEK 1				WEEK 2				WEEK 3				WEEK 4				PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				
1A	Snatch start at 50% build by 5-10% every 2 minutes *3 fails allowed then move on																Go try this, you have put in work to hit PRs now just gotta trust your strength and technique you've built, might take a few weeks to adjust to heavy singles		
2A	C&J start at 60% build by 5-10% every 2 minutes *3 fails allowed then move on																Go try this, you have put in work to hit PRs now just gotta trust your strength and technique you've built, might take a few weeks to adjust to heavy singles		
3A	Back Squat (move bar as fast as possible, SPEED!) *Rest 20-30s b/w sets of 2*	5x2+2															Wk 1: 75-80, wk 2: 77-82, wk 3: 80-85, wk 4: build to heavy single/1RM		
4A	Clean Grip RDL	3-4x5															*Rest 30-60sec b/w exercises		
4B	DB Bench Press	3-4x5															*No Failed Reps		
4C	2 DB RFE Squat	3-4x5ea															*Keep weight light to moderate focus on fast concentric		
4D	WTD Chin Up	3-4x5																	



<https://www.masqtraining.com/>

