



# MASQ TRAINING



	DAY 1			WEEK 1				WEEK 2				WEEK 3				PERCENTAGE/ NOTES	
	LIFT		SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS					
1A	Above Knee Power Snatch		Heavy 5 2 drop sets@90													week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
2A	3 Position Clean Above Knee, Below Knee, Floor		5x													week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
3A	Power Jerk		Heavy 5 2 drop sets@90													week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
4A	Back Squat		3x10													wk1: 55-65% wk 3: 65-75% wk2: 60-70%	
5A	DB SA OH Press		3x5ea													30 sec rest b/w exercises	
5B	DB RDL		3x5														
5C	DA SA Row		3x5ea														

	DAY 2:			WEEK 1				WEEK 2				WEEK 3				PERCENTAGE/ NOTES	
	LIFT		SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS					
1A	Above Knee Power Clean		Heavy 5 2 drop sets@90													week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
2A	3 Position Snatch Above Knee, Below Knee, Floor		5x													week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
3A	Push Press		Heavy 5 2 drop sets@90													week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
4A	Snatch Pull		3x5													wk1: 80% wk 3: 90%	wk2: 85% of snatch
4A	Clean Pull		3x5													wk1: 80% wk 3: 90%	wk2: 85% of clean
5B	Wtd Pull Up		3x5														
5C	Wtd Push Up		3x5														

	DAY 3:			WEEK 1			WEEK 2			WEEK 3			PERCENTAGE/ NOTES	
	LIFT		SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS				
1A	Snatch EMOM			10@70-80%			10@72-82%			10@75-85%			week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
2A	C&J EMOM			10@70-80%			10@72-82%			10@75-85%			week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
3A	Pause Front Squat 1 sec		3x5										wk1: 55-65% wk 3: 65-75%	wk2: 60-70%
4A	Shoulder Press Pause Over head 1 sec		3x5										wk1: 55-65% wk 3: 65-75%	wk2: 60-70%
4A	Pause Below Knee Deadlift 1 sec		3x5										wk1: 55-65% wk 3: 65-75%	wk2: 60-70%
5B	BB Shrug		3x10											
5C	2 Db Bent Over ROw		3x10											





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

