MASQ TRAINING

	Day 1 Upper Strength/Intensity	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Bench Press		4x3@77.5% AMRAP@77.5%	4x3@77.5% AMRAP@77.5% add 5-10lbs	4x3@77.5% AMRAP@77.5% add 5-10lbs	go off 85-90% bench press, go lighter than heacier because we will repeat this cycle	
2A	BB Shoulder Press w/ 3 ecc		3x6	3x5	3x4		
2B	Pull Up w/ 3 ecc *add weight		3x6	3x5	3x4		
3A	BB Shrugs w/ 3 ecc		3x10	3x8	3x6		
3B	2 DB Skull Crushers w/ 3 ecc		3x10	3x8	3x6		
3C	DB Pullover w/ 3 ecc		3x10	3x8	3x6		

	DAY 2 Lower Strength/intensity	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Back Squat		4x3@77.5% AMRAP@77.5%	4x3@77.5% AMRAP@77.5% add 5-10lbs	4x3@77.5% AMRAP@77.5% add 5-10lbs	go off 90-95% sumo max, lighter is better than heavier because we will repeat this cycle	
2A	BB RDL w/ 3 ecc		4x6	4x5	4x4		
3A	BB Hip Thrust (shoulders elev) w/ 3 ecc		3x10	3x8	3x6		
3B	2 DB Split Squat w/ 3 ecc *elevate front foot		3x6ea	3x5ea	3x4ea		
3C	GHR w/ 3 ecc add weight if able		3x10	3x8	3x6		

	DAY 3 Upper Speed/Volume	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Close Grip Bench Press		10 x 3 OTM@50%	10 x 3 OTM@55%	10 x 3 OTM@60%		
2A	SA LM Press (1/2 kneel)		3x6ea	3x8ea	3x10ea		
2B	SA LM Meadow Row		3x6ea	3x8ea	3x10ea		
3A	Plate Lateral Raise (slightly bent over)		3x10	3x12	3x15		
3B	Hammer Curl		3x10	3x12	3x15		
3C	2 DB JM Press		3x10	3x12	3x15		

	DAY 4 Lower Speed/Volume	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Deadlift		10 x 2 OTM@50%	10 x 2 OTM@55%	10 x 2 OTM@60%		
2A	FR Reverse Lunge		3x6ea	3x7ea	3x8ea		
3A	DB Goblet Cyclist Squat *heel elevated		3x10	3x12	3x15		
3B	Prone Band HS Curl		3x15	3x18	3x20		
3C	SL Groin Plank		3x20s ea	3x25s ea	3x30s ea		