MASQ TRAINING

	Day 1 Upper Strength/Intensity	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Incline Bench Press		5@50,60,70 5+@80% 5+@70%	3@55,65,75 3+@85 3+@75	5@60, 5@70, 3@80, 1+@90, 3+@80	go off 85-90% bench press, go lighter than heacier because we will repeat this cycle	
2A	Shoulder Press		3x5	3x4	3x3		
2B	Pull Up		3x5 Bw	3x4	3x3		
3A	BB Shrugs		3x12	3x10	3x8		
3B	Dips		3x12 Bw	3x10	3x8		
3C	BB Suitcase Hold use straps		3x30s ea	3x25s	3x20s		

	DAY 2 Lower Strength/intensity	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Sumo DL		5@50,60,70 5+@80% 5+@70%	3@55,65,75 3+@85 3+@75	5@60, 5@70, 3@80, 1+@90, 3+@80	go off 90-95% sumo max, lighter is better than heavier because we will repeat this cycle	
2A	BB Reverse Lunge		4x5ea	4x4ea	4x3ea		
3A	BB Hip Thrust (shoulders elev)		3x5	3x4	3x3		
3B	DB Goblet Pistol Squat		3x5ea	3x4ea	3x3ea		
3C	Groin Plank add weight on hip if able		3x30s ea	3x25s	3x20s		

#ERROR!

	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)		3x8ea	3x10ea	3x12ea		
2B	DB SA Row		3x8ea	3x10ea	3x12ea		
3A	Plate Lateral Raise (slightly bent over)		3x15	3x18	3x20		
3B	Hammer Curl		3x15	3x18	3x20		
3C	L-Sit		3x20s	3x25s	3x30s		

	DAY 4 Lower Speed/Volume	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Box Front Squat (box at parallel)		10 x 2 OTM@50% 70	10 x 2 OTM@55% 77	10 x 2 OTM@60%		
2A	BB Snatch Grip RDL		4x6 90	4x8 90	4x10		
3A	Poliquin Step Up		3x8ea 16	3x10ea X18 whoops 20	3x12ea		
3B	Prone Band HS Curl		3x15 Red	3x18 Red	3x20		
3C	SA KB Front Rack Hold		3x20s ea 16	3x25s ea 20	3x30s ea		

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