MASQ TRAINING

	Day 1 Upper	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Bench Press		6x4@70-75% 2 sets at 75, 72.5, 70	4x4@77.5-82.5 2 sets at 82.5, 80, 77.5	amrap@87.5	3x5@55-65	
2A	Wide Grip Bench Press *3-4 inch wider than normal		3x5	4x5	5x5	2x8	
2B	Seated Cable UH Grip Row		3x5	4x5	5x5	2x8	
3A	NGr Lat Pulldown		3x6	3x8	3x10	2x12	
3B	2 DB JM Press		3x8	3x10	3x12	2x15	
3C	Prone Trap Raise		3x10	3x12	3x15	2x20	

	DAY 2 Lower	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Back Squat		6x4@70-75% 2 sets at 75, 72.5, 70	4x4@77.5-82.5 2 sets at 82.5, 80, 77.5	amrap@87.5	3x5@55-65	
2A	Front Squat		3x5@65-75	4x5@65-75	5x5@65-75	2x8	
3A	GHR *add wt		3x5	4x5	5x5	2x10 bw	
4A	DB Goblet Sissy Squat *lower leg locks in place so all quad		3x8	3x10	3x12	2x12	
4B	DB Side Bend		3x8e	3x10e	3x12e	2x15	
4C	Kneeling Cable Crunch		3x8	3x10	3x12	2x15	

	DAY 3 Upper Speed/Volume	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Deadlift		6x4@70-75% 2 sets at 75, 72.5, 70	4x4@77.5-82.5 2 sets at 82.5, 80, 77.5	amrap@87.5	3x5@55-65	
2A	BB RDL (toe elevated)		3x5	4x5	5x5	2x8	
3A	SA Landmine Press		3x5e	4x5e	5x5e	2x10e	
3B	SA Landmine Meadow Row		3x5e	4x5e	5x5e	2x10e	
4A	DB SL Hip Thrust *feet elvated on plate		3x6e	3x8e	3x10e	1x20e	
4B	DB Goblet RFE Squat		3x6e	3x8e	3x10e	1x20e	