MASQ TRAINING

	Day 1	SETS	WEEK 1	WEEK 2	WEEK 3	NOTES
1A	Bench Press		2x2-3@90-95% 2x2-3@85%	3x2-3@85% 1x3@80%	3x3@60-65	
2A	Close Grip Bench Press Chains		8x3@50% *light chainss, speed	6x3@50%	2x3@60-65	
2B	OH Lat Pulldown		5x5	3x5	2x5	
3A	SA DB Row		4x33	3x3e	2x3e	
3B	2 DB JM Press		4x5	3x5	2x5	
3C	Plate Lateral Raise		4x8	3x8	2x8	

	DAY 2	SETS	WEEK 1	WEEK 2	WEEK 3	NOTES
1A	Back Squat		2x2-3@90-92.5% 2x2-3@85%	4x1@80% 2x2@75%	3x3@65%	
2A	Banded Deadlift		8x2@50% *light bands, speed	6x2@50%	3x3@50% conventional deadlift	
3A	BB Split Stance RDL *add wt		5x3e	3x3	2x5e goblet cossak sqt	
4A	2 DB Split Squat		3x5ea	2x5ea	2x5e *light	
4B	BB Hip Thrust		3x5	2x5	2x5	
4C	Reverse Hyper		3x15-20	2x15-20	2x10	

	DAY 3	SETS	WEEK 1	WEEK 2	WEEK 3	NOTES
1A	Paused Bench Press		2x3@75% 3x3@70%	3x3@70%		
2A	Close Grip Wide Grip Bench Press		5x3	3x3		
2B	2 DB CS Row		5x5	3x5		
3B	DB Pullover		4x5	3x5		
4A	2 DB Shrug		4x8	3x8		
4B	SA DB OH Tricep Ext		3x8e	3x8e		

	DAY 4	SETS	WEEK 1	WEEK 2	WEEK 3	NOTES
1A	Deadlift		2x2@90-92.5%	4x1@80%	[redacted]	
			2x2@85%	2x2@75%		
2A	Banded Saftey Bar Box Squat		8x2@50%	6x2@60%		
	*if knee is bugging slow rep work 5x3		*light bands, speed			
3A	Saftey Bar Reverse Lunge		5x3e	3x3e		
	*step off 45lb plate, big ROM					
4A	GHR		3x6-10	2x6-10		
4B	Gobelt Cossak Sqt		3x5ea	2x5ea		
	*big ROM					
4C	Reverse Hyper		3x15-20	2x15-20		