MASQ TRAINING

	Day 1	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Bench Press		6x5@70%	4x5@77.5	6x3@80	4x3@85%	
2A	Wide Grip Bench Press 3s ecc		4x6	3x6	4x4	3x4	
2B	NGr Low Cable Row 3s ecc		4x8	3x8	4x6	3x6	
3A	DB Pullover		3x12	3x12	3x10	3x10	
3B	Cable OH Rope Tri Ext		3x12	3x12	3x10	3x10	
3C	Plate Reverse Fly		3x12	3x12	3x10	3x10	

	DAY 2	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Back Squat		6x5@70%	4x5@77.5	6x3@80	4x3@85%	
2A	Front Squat 3s ecc		4x6	3x6	4x4	3x4	
3A	BB Split Stance RDL		3x8ea	3x8ea	3x6e	3x6e	
4A	DB Sissy Squat		2x15	2x15	2x10 Heel elevated gobet squat	2x10 Heel elevated gobet squat	
4B	BB hip Thrust		2x15	2x15	2x10	2x10	
4C	Ab wheel rollout		2x10	2x12	2x12	2x15	

	DAY 3	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	CG Bench Press		6x5@90% day 1	4x5@90% day 1	6x3@90% day 1	4x3@90% day 1	
2A	Incline Bench Press 3s ecc		4x6	3x6	4x4	3x4	
2B	NGr Lat Pulldown 3s ecc		4x8	3x8	4x6	3x6	
3A	SA Landmine Press 1/2 kneel		3x10e	3x10e	3x8e	3x8e	
3B	SA Landmine Meadow Row		3x10e	3x10e	3x8e	3x8e	
3C	Cable Face Pull		3x12	3x12	3x10	3x10	

	DAY 4	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES

1A	Deadlift	6x5@70%	4x5@77.5	6x3@80	4x3@85%	
2A	Rack Pull 3s ecc *from knee	4x6	3x6	4x4	3x4	
3A	Saftey Bar Split Squat	3x8ea	3x8ea	3x6e	3x6e bw	
4A	Hamstrign Curl	2x15	2x15	2x10 ghr	2x10 ghr	
4B	Reverse Hyper *big ROM	2x20	2x20	2x20	2x20	
4C	Copenhagen Plank	2x20s ea	2x25s ea	2x25s ea	2x30s ea	