MASQ TRAINING

	Day 1	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Bench Press		7x3@75%	4x3@82.5%	3+@90%	3x5@60%	
2A	Close Grip Bench Press 3 iso		5x4	4x4	3x4	3x5 no tempo	
2B	2 DB CS Row 3 iso		5x4	4x4	3x4	3x5 no tempo	
3A	2 DB Z Press 3 iso at bottom		4x6	4x6	4x6	2x10	
3B	2 DB Hammer Curl		4x8	4x8	4x8	2x12	
3C	2 DB Lateral Raise		4x10	4x10	4x10	2x15	

	DAY 2	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Back Squat		7x3@75%	4x3@82.5%	3+@90%	4x3@85%	
2A	Front Squat 3s iso		5x3	4x3	3x3	3x5 no tempo	
3A	BB RDL 3 iso		5x3	4x3	3x3	3x5 no tempo	
4A	2 DB RFE Squat 3 iso		3x5ea	3x5ea	3x5ea	2x8ea	
4B	DB SL RDL		3x5ea	3x5ea	3x5ea	2x8ea	
4C	DB Side Bend		3x10e	3x10e	3x10e	2x15e	

	DAY 3	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Bench Press		7x3@90% day 1	5x3@90% day 1	3x3@90% day 1	4x3@90% day 1	
2A	BB Shoulder Press 3 iso at bottom		5x4	4x4	3x4	3x5 no tempo	
2B	Wide Grip lat pulldown 3 iso at bottom		5x4	4x4	3x4	3x5 no tempo	
3A	DB SA Row 3 iso at top		4x6	4x6	4x6	2x10	
3B	2 DB JM Press		4x8	4x8	4x8	2x12	
3C	2 DB Fly		4x10	4x10	4x10	2x15	

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

1A	Deadlift		6x3@75%	3x3@82.5%	3+@90%	4x3@85%	
2A	Rack Pull 3s eiso right be fore bar touches *from just below knee		5x3	4x3	3x3	3x5 no tempo	
3A	Saftey Bar Reverse Lunge		5x3e	4x3e	3x3e	3x5e	
4A	GHR 3 iso at bottom		3x5	3x5	3x5	2x8	
4B	DB Sl Hip Thrust		3x5e	3x5e	3x5e	2x8e	
4C	Kneeling Cable Crunch		3x10e	3x10e	3x10e	2x15e	

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