

MASQ TRAINING																			
	DAY 1		WEEK 1				WEEK 2				WEEK 3				WEEK 4				PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				
1A	Snatch		5 Hip Block PS (hands can't leave bar during set, a controlled manner to increase cycling capacity)				5 Hip Block PS (hands can't leave bar during set, a controlled manner to increase cycling capacity)				4 AK Block PS (hands can't leave bar during set, a controlled manner to increase cycling capacity)				4 AK Block PS (hands can't leave bar during set, a controlled manner to increase cycling capacity)				
2A	Snatch Balance		3x5				4x4				4x4				5x3				off snatch
3A	Shoulder Press		10@50, 8@57.5, 6@65 10@50+, 8@57.5+, 6@65+				10@55, 8@62.5, 6@70 105, 115, 135 10@55+, 8@62.5+, 6@70+				8@60, 6@67.5, 4@75% 8@60+, 6@67.5+, 4@75+				8@65, 6@72.5, 4@80 8@65+, 6@72.5+, 4@80+				push hard week 2 & 4 on open set
4A	1/2 SA Landmine Press		x6,5,4ea				x6,5,4ea				x5,4,3ea				x5,4,3ea				*Rest 30-60sec b/w exercises
4B	BO Landmine Meadow Row		x6,5,4ea				x6,5,4ea				x5,4,3ea				x5,4,3ea				
4C	Dips (not on rings)	2xamrap																	*Rest 30-60sec b/w exercises
4D	Plate Reverse Fly (thumbs up)	2x20																	
	DAY 2		WEEK 1				WEEK 2				WEEK 2				WEEK 4				PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				
1A	Clean	5x	5 Mid Thigh Block PC (hands can't leave bar during set, a controlled manner to increase cycling capacity)				5 Mid Thigh Block PC (hands can't leave bar during set, a controlled manner to increase cycling capacity)				4 Knee Block PC (hands can't leave bar during set, a controlled manner to increase cycling capacity)				4 Knee Block PC (hands can't leave bar during set, a controlled manner to increase cycling capacity)				
2A	BB Deadlift w/ 4 sec ecc		6@50@55%, 4@60% 6@+5@+4@+				6@55%, 5@60, 4@65% 6@+5@+4@+				5@60, 4@65, 3@70 5@+4@+3@+				5@65, 4@70, 3@75 5@+4@+3@+				of clean
4A	BB Hip Thrust *shoulder elev on bench		x12,10,8				x12,10,8				x10,8,6				x10,8,6				*Rest 30-60sec b/w exercises
4B	2 DB RFE Squat		x6,5,4ea				x6,5,4ea				x5,4,3ea				x5,4,3ea				
4C	Prone Band HS Curl	2xAmrap	- accumulate this much time in iso at weakest poistion in as few sets as possible																*Rest 30-60sec b/w exercises
4D	Shrimp Squat	2x10ea																	
	DAY 3		WEEK 1				WEEK 2				WEEK 2				WEEK 4				PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				
1A	Push Press w/ 1 sec pause overhead Every 2 min x 5	5x	Build to heavy 5 reset between reps on clocks				Build to heavy 5 reset between reps on clocks				Build to heavy 5 touch and go				Build to heavy 5 touch and go				
2A	Close Grip Bench Press		10,8,6				10,8,6				8,6,4				8,6,4				
2B	BB FR Reverse Lunge		10,8,6				10,8,6				8,6,4				8,6,4				
3A	GHR w/ 3s ecc		3xamrap -2				3xamrap -2				3xamrap -1				3xamrap -1				
3B	Wtd Chin Up		x10,8,6				x10,8,6				x8,6,4				x8,6,4				*Rest 30-60sec b/w exercises
3C	2 DB High Pull	2x20																	*Rest 30-60sec b/w exercises
3D	DB Seated Goodmorning	2x20																	
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