MASQ	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	Squat Snatch		3 Hang Hip Squat Snatch	3 Hang Hip Squat Snatch	3 Hang Above Knee Squat Snatch	3 Hang Above Knee Squat Snatch		
	Every 2 minute x 7 (build to heavy set)		start at 50%	start at 55%	start at 55%	start at 60%		
2A	Back Squat w/ 1 iso		5x5@67.5%	4x5@72.5%	3x5@77.5%	1xamrap@82.5%		
4A	BB Pendlay Row (overhand) w/ 3s ecc		3x8	3x9	3x10	3x12		
							*Rest 30-60sec b/w exercises	
4B	BB Split Stance RDL w/ 3s ecc		3x6e	3x7e	3x8e	3x10e		
	*put toes on plate stretch over load							
4C	2 DB Z Press	3 min ISO str8	start with 8lb build each week					
							*Rest 30-60sec b/w exercises	
4D	Plate FULL ROM Lateral raises		x60	x80	x80	x100		
	*aim for 20-30 first set <a href="https://www.youtube.com/watch?v">https://www.youtube.com/watch?v</a> *in as few sets as possible							
	DAY 2		WEEK 1	WEEK 2	WEEK 2	WEEK 4	DEDOEMT OF MOTEO	
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	PERCENTAGE/ NOTES	
1A	Squat Clean	5x	3 Hang Mid Thigh Squat Clean	3 Hang Mid Thigh Squat Clean	3 Hang Knee Squat Clean	3 Hang Knee Squat Clean		
	Every 2 minute x 6 (build to heavy set)		start at 50%	start at 55%	start at 55%	start at 60%		
ЗА	Front Squat w/ 3s iso at bottom		7x3@60-65%	5x3@65-70%	4x3@70-75%	3x3@75-80%		
4A	BB Close Grip BP w/ 3s ecc		3x8	3x9	3x10	3x12	*Rest 30-60sec b/w exercises	
4B	BB Split Stance GM w/ 3 s ecc		3x6e	3x7e	3x8e	3x10e		
	*put toes on plate stretch over load							
4C	Glute Ham Lat	5lb	3 min iso	4 min iso	4 min iso	5 min iso	*Rest 30-60sec b/w exercises	
4D	Ring Face Pull		x60	x80	x80	x100		
	*aim for 20-30 first set		*in as few sets as possible					

https://www.masqtraining.com/

