MASQ	MASQ TRAINING											MASO
	DAY 1	WEEK 1		WEEK 2		WEEK 3		WEEK 4		PERCENTAGE/ NOTES		
	LIFT	SETS	RECORD WEIGHTS 2 Hang below Knee Squat Snatch		REC	CORD WEIGHTS	RECORD WEIGHTS		RECORD WEIGHTS		PERCENTA	3E/ NOTES
1A	Squat Snatch				2 Hang below Knee Squat Snatch		2 Squat Snatch		2 Squat Snatch			
	Every 2 minute x 8 (build to heavy set)		start at 60%		start at 65%		start at 65%		start at 70%			
2A	Back Squat w/ 1 iso											
			7x3@72.5%		5x3@77.5%	6	3x3@82.5%		1xamrap@87.5%			
4A	BB Pendlay Row (underhand) w/ 1s iso at chest	:	4x6		4x5		4x4		3x12			
											*Rest 30-60sec b	/w exercises
4B	BB Goodmorning w/ 1s iso at bottom		4x6		4x5		4x4		3x10e			
	stretch over load											
4C	2 Db Incline BP	3 min ISO str8	start with 15lb build	each week								
			1-2 inch above ches	t							*Rest 30-60sec b	/w exercises
4D	Plate Prone Reverse Fly		x60		x80		x80		x100			
	*aim for 20-30 first set		*in as few sets as possible									
	DAY 2		WEEK 1		WEEK 2		WEEK 2		WEEK 4			
	LIFT SETS		RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		PERCENTAGE/ NOTES	
1A	Squat Clean	5x		2 Hang Below Knee Squat Clean		2 Hang Below Knee Squat Clean			2 Squat Clean			
	Every 2 minute x 7 (build to heavy set)		start at 60%		start at 65%		start at 65%		start at 70%			
зА	Front Squat w/ 3s iso at bottom											
	·		7x2@65-70%		5x2@70-75%		4x2@75-80%		3x2@80-85%			
4A	BB Z-Press w/ 1s iso overhead		4x6		4x5		4x4		3x12		*Rest 30-60sec b	/w exercises
4B	BB RDL w/ 1s iso at bottom		4x6		4x5		4x4		3x10e			
	stretch over load											
4C	Split Squat		3 min iso each le	g	4 min iso each leg	1	4 min iso		5 min iso		*Rest 30-60sec b	/w exercises
4D	2 DB Hi Pull		x60		x80		x80		x100			
40	*aim for 20-30 first set		*in as few sets as possible		AUU		X00		1100			
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