

MASQ		MASQ TRAINING																								MASQ	
	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 Every 2 minute x 9 (build to heavy set)			Squat Snatch waves (not touch n go) 3,2,1 x 3 increase weights each time through				Squat Snatch waves (not touch n go) 3,2,1 x 3 increase weights each time through				Squat Snatch waves (not touch n go) 3,2,1 x 3 increase weights each time through				Squat Snatch waves (not touch n go) 3,2,1 x 3 increase weights each time through				up to 225							
2A	Speed Front Squat 10 emom			3@60% 215				3@65% 235				2@70% 245				2@75% 265											
3A	Snatch Pull			5x3 @80%				4x3 @85%				5x2 @90%				4x2 @95%											
4A	BB Bench Press w/ 6 ecc			3x5				3x5				3x5				3x5				*Rest 30-60sec b/w exercises							
4B	DB SA Row w/ 3s ecc			3x10ea				3x10ea				3x10ea				3x10ea											
4C	SL Reverse Hyper			3x25e				3x25e				3x25e				3x25e											
	DAY 2			WEEK 1				WEEK 2				WEEK 2				WEEK 4				PERCENTAGE/ NOTES							
	LIFT		SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS											
1A	Squat Clean Every 2 minute x 9 (build to heavy set)			Squat Clean waves (not touch n go) 3,2,1 x 3 increase weights each time through				Squat Clean waves (not touch n go) 3,2,1 x 3 increase weights each time through				Squat Clean waves (not touch n go) 3,2,1 x 3 increase weights each time through				Squat Snatch waves 3,2,1 x 3 increase weights each time through											
2A	Speed Bck Squat 10 emom			3@60% 235				3@65% 250				2@70% 270				2@75% 290											
3A	Clean Pull			5x3 @80%				4x3 @85%				5x2 @90%				4x2 @95%											
4A	BB Z-Press w/ 6 ecc			3x5				3x5				3x5				3x5				*Rest 30-60sec b/w exercises							
4B	Chin Up w/ 6 ecc			3x5				3x5				3x5				3x5											
4C	SL GHR band assisted			3x10e				3x10e				3x10e				3x10e											
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