MASO	MASQ TRAINING																
	DAY 1		WEEK 1				WEEK 2		WEEK 3			WEEK 4			PERCENTAGE/ NOTES		
	LIFT SETS		RECORD WEIGHTS			RECORD WEIGHTS		RECORD WEIGHTS			RECORD WEIGHTS			3	PERCENTAGE/ NOTES		
1A	GHR w/ 5s ecc	3x4-6															
1B	Reverse Hyper	3x20-30															
2A	Squat Snatch w/ 2s iso in catch		High Hang unbroken		High Hang unbroken		Above Knee unbroken			Above Knee unbroken							
	this should smooth/rhytmic			Start @50%		4x5 S	Start at 55%	4x4	Start at 60%		4x4	Start at	65%				
3A	Bottom Up Front Squat (e2mom)		6x5	Start @509	%	6x5 S	Start at 55%	6x4	Start at 60	1%	6x4	Start at	65%				
	-slight reset b/w reps, to teach body how to recre	ate tension	Build to heavy 5		Build to heavy 5		Build to heavy 4		Build to heavy 4								
4A	Front Rack Split Squat w/ 3s iso at bottom		x6,5,4ea			x6,5,4ea		x6,5,4ea			x6,5,4ea						
5A	BB Close Grip Bench Press w/ 3s ecc		x10.8.6			x10.8.6		x10.8.6			x10.8.6						
5B	2 DB Chest Supported Row w/ 3s ecc		x12.10.8			x12.10.8		x12.10.8			x12.10.8				*Rest 30-60sec b.	w exercises	
5C	DB Pullover w/ 3s ecc		x15.12.10			x15.12.10		x15.12.10			x15.12.10)					
	DAY 2				WEEK 1		WEEK 2			WEEK 2			WEEK 4				
	LIFT SETS		RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS			,	PERCENTAGE/ NOTES				
1A	SL GHR w/ 5s ecc	4x2ea		REC	ORD WEIGHTS		RECORD WEIGHTS		REC	ORD WEIGHTS		RE	CORD WEIGHTS	,			
1B	SL Reverse Hyper	4x10-15ea															
2A	Squat Clean w/ 2s iso in catch		Mid thigh		unbroken	Mid thigh	unbroken	Above Kn	iee	unbroken	Above Kr	nee	unbroken				
	this should smooth/rhytmic					4x4 Start at 55%		4x4 Start at 60%		4x4 Start at 65%							
ЗА	Heavy Front Squat (emom)		10x3@70			10x3@75		10x2@80			10x2@80)+					
4A	BB Staggered RDL w/ 3s ecc		x6,5,4ea			x6,5,4ea		x6,5,4ea			x6,5,4ea						
5A	Pull Up w/ 3s ecc		x10.8.6			x10.8.6		x10.8.6			x10.8.6						
5B	BB Shoulder Press w/ 3s ecc		x12.10.8			x12.10.8		x12.10.8			x12.10.8				*Rest 30-60sec b	w exercises	
5C	2 Db Lateral Raise w/ 3s ecc		x15.12.10			x15.12.10		x15.12.10			x15.12.10)					

MASQ

https://www.masqtraining.com/

