

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	GHR w/ 5s ecc				3x4-6																							
1B	Reverse Hyper				3x20-30																							
2A	Squat Snatch w/ 2s iso in catch this should smooth/rhythmic				High Hang unbroken 4x5 Start @50%					High Hang unbroken 4x5 Start at 55%					Above Knee unbroken 4x4 Start at 60%					Above Knee unbroken 4x4 Start at 65%								
3A	Bottom Up Front Squat (e2mom)				6x5 Start @50%					6x5 Start at 55%					6x4 Start at 60%					6x4 Start at 65%								
						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								