MASQ	MASQ TRAINING 🇢											
	DAY 1			WEEK 1		WEEK 2 RECORD WEIGHTS		WEEK 3 RECORD WEIGHTS		WEEK 4	PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS							RECORD WEIGHTS		PERCENTAGE/ NOTES
1A	GHR	3x6-8										
1B	Reverse Hyper	3x25-35										
2A	Squat Snatch w/ 2s iso in catch		Below Knee unbroken		Below Knee unbroken		Floor	unbroken	Floor	unbroken		
	this should smooth/rhytmic		5x3 Start @	60%	5x3 \$	Start @60%	6x2 \$	Start at 70%	6x2	Start at 70%		
3A	Bottom Up Front Squat (e2mom)		7x3 Start @65%		7x3 5	Start @65%	8x2 5	Start @70%	8x2	Start @70%		
	-slight reset b/w reps, to teach body how to recreate tension		Build to heavy 3		Build to heavy 3		Build to heavy 2		Build to he	Build to heavy 2		
4A	Back Rack Reverse Lunge		x5, 4, 3e		x5, 4, 3e		x5, 4, 3e		x5, 4, 3e			
5A	BB Bench Press w/ 3s ecc		x8,6,4		x8,6,4		x8,6,4		x8,6,4			
5B	DB SA Row w/ 3s ecc		x8,6,4e		x8,6,4e		x8,6,4e		x8,6,4e		*Rest 30-60sec b/\	w exercises
5C	DB SA Pullover w/ 3s ecc		x12,10,8ea		x12,10,8ea		x12,10,8ea		x12,10,8ea			
	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	4x3ea	 	REGORD WEIGHTO		RECORD WEIGHTO		RECORD WEIGHTO		RECORD WEIGHTO		
1B	SL Reverse Hyper	4x15-20										
2A	Squat Clean w/ 2s iso in catch		Below Knee	unbroken	Below Knee	e unbroken	Floor	unbroken	Floor	unbroken		
	this should smooth/rhytmic		5x3 Start @60%		5x3 Start @60%		6x2 Start at 70%		6x2 Start at 70%			
3A	leavy Front Squat (emom) s iso in bottom		10x1@65-75 speed coming up		10x1@70-80 speed coming up		10x1@80-85 speed coming up		10x1@80-	10x1@80+ speed coming up		
									speed con			
4A	BB Staggered RDL w/ 3s ecc		x6,5,4ea		x6,5,4ea		x6,5,4ea		x6,5,4ea			
5A	Chin Up w/ 3s ecc		x8,6,4		x8,6,4		x8,6,4		x8,6,4			
5B	BB Z Press w/ 3s ecc		x8,6,4		x8,6,4		x8,6,4		x8,6,4		*Rest 30-60sec b/\	w exercises
5C	2 Db High Pull w/ 3s ecc		x8,6,4		x8,6,4		x8,6,4		x8,6,4			

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