MASQ	•					ı	MASQ TRAIN	ING					MASO	
	DAY 1 WEE				WEEK 1	WEEK 1 WEEK 2			WEEK 3		WEEK 4			
	LIFT	SETS		RECORD WEIGHTS			RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		PERCENTAGE/ NOTES	
1A	GHR	3x10-12												
1B	Reverse Hyper	3x30-40												
2A	Block Power Snatch		Hip			Hip		above knee		above kne	ee	'		
	this should smooth/rhytmic		5x3			5x3		6x2		6x2				
ЗА	Front Squat to Box		build to heavy 3			build to h	build to heavy 3		build to heavy 2		build to heavy 2			
			5x3	275		5x3		5x2		5x2				
4A	Front Squat ISO		4x7			4x7		5x5		5x5				
	1s pause		55-65			60-70	205-245	65-75		70-80%				
5A	BB Floor Press		4x6-8			4x6-8		4x6-8		4x6-8				
5B	BB BO UH Row		4x6-8			4x6-8		4x6-8		4x6-8		*Rest 30-60sec b	/w exercises	
5C	Prone HS Curl		4x25			4x25		4x25		4x25				
	DAY 2		WEEK 1			WEEK 2		WEEK 3		WEEK 4				
	LIFT SETS		RECORD WEIGHTS				RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		PERCENTAGE/ NOTES	
1A	SL GHR	3x5ea												
1B	SL Reverse Hyper	3x15-20												
2A	Blcok Power Clean		Below Kne	e	unbroken	Below Ki	nee unbroken	Floor	unbroken	Floor	unbroken			
	this should smooth/rhytmic		5x3 Start @60%		5x3 Start @60%		6x2 Start	6x2 Start at 70%		6x2 Start at 70%				
3A	BB RDL		build to heavy 3			build to heavy 3		build to heavy 2		build to heavy 2				
			5x3			5x3	,	5x2		5x2				
4A	Back Squat ISO		4x6			4x6		5x4		5x4				
	1s pause		60-70			65-75		70-80		75-85				
5A	BB Shoulder Press		4x6-8			4x6-8		4x6-8		4x6-8				
5B	Wtd Pull Up		4x6-8			4x6-8		4x6-8		4x6-8		*Rest 30-60sec b	/w exercises	
5C	2 DB Skull Crusher		4x25			4x25		4x25		4x25				

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