MASQ TRAINING

	DAY 1		WEEK 1	WEEK 2	WEEK 3	WEEK 4	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Wtd Hip Ext	3x10-15					
1B	BB Hip Thrust	3x10-15					
2A	Block Power Snatch		Below Knee	Below Knee	Floor	Floor	
			3x3 **3x2**	3x3 **3x2**	x3 **3x2** **3x1**	x3 **3x2** **3x1**	
3A	Snatch Pull		85-95	90-100	95-105	100-110	
			4x3	4x3	5x2	5x2	
4A	Front Squat ISO		6x4	6x4	6x3	6x3	
	3s ecc		60-70	65-75	70-80	75-85	
5A	BB Close Grip BP		5x3-5	5x3-5	5x3-5	5x3-5	
5B	Wtd Chin Up		5x3-5	5x3-5	5x3-5	5x3-5	*Rest 30-60sec b/w exercises
5C	Plate Lateral Raise		5x10-15	5x10-15	5x10-15	5x10-15	

	DAY 2		WEEK 1	WEEK 2	WEEK 3	WEEK 4	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	SL WTD Hip Extension	3x8-12ea					
1B	SL DB Hip Ext	3x8-12ea					
2A	Block Power Clean		Below Knee	Below Knee	Floor	Floor	
	this should smooth/rhytmic		3x3 **3x2**	3x3 **3x2**	x3 **3x2** **3x1**	x3 **3x2** **3x1**	
3A	Clean Pull		85-95	90-100	95-105	100-110	
			4x3	4x3	5x2	5x2	
4A	Back Squat ISO		7x3	7x3	7x2	7x2	
	3s ecc		65-75	70-80	75-85	80-90	
5A	BB Z-Press		5x3-5	5x3-5	5x3-5	5x3-5	
5B	BB OH Row		5x3-5	5x3-5	5x3-5	5x3-5	*Rest 30-60sec b/w exercises
5C	Plate Reverse Fly		5x10-15	5x10-15	5x10-15	5x10-15	

https://www.masqtraining.com/