



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	Snatch Every 2 minute x 5 (build to heavy set)		5 Hip Block PS (hands can't leave bar during set, a controlled manner to increase cycling capacity)	5 Hip Block PS (hands can't leave bar during set, a controlled manner to increase cycling capacity)	4 AK Block PS (hands can't leave bar during set, a controlled manner to increase cycling capacity)	4 AK Block PS (hands can't leave bar during set, a controlled manner to increase cycling capacity)	
2A	Snatch Balance		3x5	4x4 185	4x4	5x3	off snatch
3A	Shoulder Press		10@50, 8@57.5, 6@65 10@50+, 8@57.5+, 6@65+	10@55, 8@62.5, 6@70 105, 115, 135 10@55+, 8@62.5+, 6@70+	8@60, 6@67.5, 4@75% 8@60+, 6@67.5+, 4@75+	8@65, 6@72.5, 4@80 8@65+, 6@72.5+, 4@80+	push hard week 2 & 4 on open set
4A	1/2 SA Landmine Press		x6,5,4ea	x6,5,4ea	x5,4,3ea	x5,4,3ea	
4B	BO Landmine Meadow Row		x6,5,4ea	x6,5,4ea	x5,4,3ea	x5,4,3ea	
5A	Dips (not on rings)	2xamrap					*Rest 30-60sec b/w exercises
5B	Plate Reverse Fly (thumbs up)	2x20					*Rest 30-60sec b/w exercises

	DAY 2		WEEK 1	WEEK 2	WEEK 2	WEEK 4	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Clean Every 2 minute x 5 (build to heavy set)	5x	5 Mid Thigh Block PC (hands can't leave bar during set, a controlled manner to increase cycling capacity)	5 Mid Thigh Block PC (hands can't leave bar during set, a controlled manner to increase cycling capacity)	4 Knee Block PC (hands can't leave bar during set, a controlled manner to increase cycling capacity)	4 Knee Block PC (hands can't leave bar during set, a controlled manner to increase cycling capacity)	
2A	BB Deadlift w/ 4 sec ecc		6@50@55%, 4@60% 6@+5@+4@+	6@55%, 5@60, 4@65% 6@+5@+4@+	5@60, 4@65, 3@70 5@+4@+3@+	5@65, 4@70, 3@75 5@+4@+3@+	of clean
3A	BB Hip Thrust *shoulder elev on bench		x12,10,8	x12,10,8	x10,8,6	x10,8,6	*Rest 30-60sec b/w exercises
3B	2 DB RFE Squat		x6,5,4ea	x6,5,4ea	x5,4,3ea	x5,4,3ea	
4A	Prone Band HS Curl	2xAmrap	- accumulate this much time in iso at weakest poistion in as few sets as possible				*Rest 30-60sec b/w exercises
4B	Shrimp Squat	2x10ea					

	DAY 3		WEEK 1	WEEK 2	WEEK 2	WEEK 4	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Push Press w/ 1 sec pause overhead Every 2 min x 5	5x	Build to heavy 5 reset between reps on clocks	Build to heavy 5 reset between reps on clocks	Build to heavy 5 touch and go	Build to heavy 5 touch and go	
2A	Close Grip Bench Press		10,8,6	10,8,6	8,6,4	8,6,4	
3A	BB FR Reverse Lunge		10,8,6	10,8,6	8,6,4	8,6,4	
4A	GHR w/ 3s ecc		3xamrap -2	3xamrap -2	3xamrap -1	3xamrap -1	
4B	Wtd Chin Up		x10,8,6	x10,8,6	x8,6,4	x8,6,4	*Rest 30-60sec b/w exercises
5A	2 DB High Pull	2x20					
5B	DB Seated Goodmorning	2x20					*Rest 30-60sec b/w exercises



<https://www.masqtraining.com/>

