MASQ TRAINING

	DAY 1		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Back Squat		5@67.5,4@72.5,3@77.5 1s iso	4@72.5, 3@77.5, 3@82.5 1s iso	3@77.5, 3@82.5, 3@87.5 no iso	
1B	2 DB Squat Jump@35s	6x5	5@67.5+,4@72.5+,3@77.5+ no iso	4@72.5+, 3@77.5+, 3@82.5+ no iso	3@77.5+, 3@82.5+, 3@87.5+ no iso	
2A	BR BB Reverse Lunge		3x6e	3x5e	3x4e	
2B	SA LM Press standing		3x6e	3x5e	3x4e	
2C	2 DB Chest Supported Row		3x6	3x5	3x4	
4A	GHR Band Assisted		3x12	3x10	3x8	
						*Rest 30-60sec b/w exercises
4B	DA SA OH Tri Extension		3x12	3x10	3x8	
5A	BB Shoulder Press Hold at forehead		2x30-60s	2x30-60s	2x30-60s	
			start at 95lb and go from there			*Rest 30-60sec b/w exercises
5B	Reverse CRunch Eccentric		2x10-20	2x10-20	2x10-20	
	3s ecc https://youtu.be/7CduPdkggHw?list=PLbq9Vx1xEYEpaT_ozdn1W1cxVClxXjpm3					

	DAY 2		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Front Squat		4@67.5,3@72.5,2@77.5 1s iso	3@72.5, 2@77.5, 2@82.5 1s iso	2@77.5, 2@82.5, 2@87.5 no iso	
1B	2 DB Squat Jump@35s	6x5	4@67.5+,3@72.5+,2@77.5+ no iso	3@72.5+, 2@77.5+, 2@82.5+ no iso	2@77.5+, 2@82.5+, 2@87.5+ no iso	
2A	BR BB RFE Squat		3x6e	3x5e	3x4e	
2B	2 DB Z-Press (Top Half)		3x6	3x5	3x4	
2C	Wtd Chin Pull Up		3x6	3x5	3x4	
4A	BB Hip Thrust		3x12	3x10	3x8	*Rest 30-60sec b/w exercises
	*shoulder on bench					
4B	2 DB Incline JM Press		3x12	3x10	3x8	
5A	BB Z Press Hold at forehead		2x30-60s	2x30-60s	2x30-60s	*Rest 30-60sec b/w exercises
			start at 75lb and go from there			
5B	SL Bench Prone Plank		2x30-60s	2x30-60s	2x30-60s	
	https://www.youtube.com/watch?v=NseZbnrwTTw&list=PLbq9Vx1xEYEpaT_ozdn1W1cxVClxXjpm3&index=38					

	DAY 3		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Snatch Balance		4x3	4x3	4x3	
			all at same weight	all at same weight heavier than last week	build to heavy triple	
2A	OHS w/ 1 iso in bottom		x5,4,3,2	x5,4,3,2	x5,4,3,2	
3A	2 DB Split Stance RDL		3x6e	3x5e	3x4e	
3B	2 DB Pullover		3x6	3x5	3x4	
3C	Wtd Dip		3x6	3x5	3x4	
4A	BB Goodmorning		2x12	2x10	2x8	*Rest 30-60sec b/w exercises
4B	Box Strict HSPU https://youtu.be/b3QUCK51B7c		2xMAX	2xMAX	2xMAX	
4C	Max Length SA Bar Hang		2xmax ea	2xmax ea	2xmax ea	

https://www.masqtraining.com/