MASQ TRAINING

	DAY 1		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Back Squat		3@70/72.5/72.5+ 1@75/77.5/77.5+	3@72.5/75/75+ 1@80/85/85+	3@75/77.5/77.5+ 1@87.5/92.5/92.5+	
			2@72.5/75/75+	2@75/80/80+	2@80/85/85+	
2A	SA LM Push Press w/ 5s ecc		5x2e	5x2e	5x2e	
2B	SA LM Meadow Row w/ 5s ecc		5x2ea	5x2ea	5x2ea	
2C	WTD GHR W/ 5s ecc		5x2	5x2	5x2	
3A	DA SA OH Tri Extension		4x10e	4x8e	4x6e	
						*Rest 30-60sec b/w exercises
3B	GHDSU ISO at parallel		2x max length	2x max length	2x max length	
3C	Sled Pull		2x30-60s	2x30-60s	2x30-60s	
	drive through glute					

	DAY 2		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Front Squat		3@65/67.5/67.5+ 1@70/72.5/72.5+	3@67.5/70/70+ 1@75/80/80+	3@70/72.5/72.5+ 1@82.5/87.5/87.5+	
1B			2@67.5/70/70+	2@70/75/75+	2@75/80/80+	
2A	SA DB Push Press w/ 5s ecc		5x2e	5x2e	5x2e	
2B	Wtd Pull Up w/ 10s ecc (jump to top)		5x1	5x1	5x1	
2C	BB SL Hip Thrust w/ 5s ecc (2 legs on way up)		5x2e	5x2e	5x2e	
	*shoulder on bench					
3A	2 DB Incline JM Press		4x10	4x8	4x6	*Rest 30-60sec b/w exercises
3B	L sit iso		2x max length	2x max length	2x max length	
3C	SL Reverse Hypers		2x30e	2x30e	2x30e	

	DAY 3		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Snatch Balance		4,3,2,1	4,3,2,1	4,3,2,1	
2A	OHS		4,3,2,1	4,3,2,1	4,3,2,1	
3A	BB RDL w/ 5s ecc		5x2	5x2	5x2	
3B	DB Pullover w/ 10s ecc		5x1	5x1	5x1	
3C	Wtd Dip w/ 10s ecc		5x1	5x1	5x1	
4A	2 DB High Box Step Up		2x8e	2x7e	2x6e	*Rest 30-60sec b/w exercises
4B	Box Strict HSPU weight vest		2xMAX	2xMAX	2xMAX	
4C	Plate Picnh Max Hold		2x max	2x max	2x max	
			25s	35s	45s	

https://www.masqtraining.com/