

Lower Body Daily Readiness Example Program

Order	Exercise	Sets	Reps	Load (%RM)	Mean Velocity (m/s)	Rest (s)
COMPLETE 10-20 minute Warm Up for Selected Lower Body Exercise						
A	Back Squat ▾	1	5	30%	1.2-1.3	60
B	Back Squat ▾	1	4	50%	0.9-1.0	90
C	Back Squat ▾	1	3	70%	0.65-0.75	120
D	Back Squat ▾	1	3	80%	0.45-0.5	N/A

Interpreting your results from set D:

1. If the you moved the load greater than 0.53m/s, prescribe an **increase** in volume and/or load for that day
2. If the you moved the load anywhere from 0.40-0.45m/s, prescribe a **reduction** in volume and/or load for that day
3. If the athlete is the load less than 0.40m/s, prescribe easy bodybuilding to elicit a helpful hormonal response and rest

GYM/AWARE