

Eccentric Force Velocity Profile Example Program

Order	Exercise	Sets	Reps	Load (%RM)	Eccentric Time (s)	Rest (s)
COMPLETE 10-20 minute Warm Up for Selected Exercise						
A	Front Squat ▾	1	4	40%	2	60
B	Front Squat ▾	1	3	50%	2	60
C	Front Squat ▾	1	2	65%	2	75
D	Front Squat ▾	1	2	75%	2	75
E	Front Squat ▾	1	1	85%	2	90
F	Front Squat ▾	1	1	100%	4	120
G	Front Squat ▾	1	1	*105%	4	120
H	Front Squat ▾	1	1	107.5%	2	180
I	Front Squat ▾	1	1	**110%	2	180

Notes:

* If you are able to complete this weight for an eccentric time greater than 4s, increase set H by 5%

**If you are able to complete this weight for an eccentric time greater than 2s, complete further sets at a 2.5% increase

GYM/AWARE