

“Fast and Weak” Example Program

Order	Exercise	Sets	Reps	Load (%RM)	Mean Velocity (m/s)	Rest (s)
COMPLETE 10-20 minute Warm Up						
A	Split Jerk	2	3	*Based on velocity	>1.1	90
B	Bench Press	5	4	**60,70,80,85,85%	0.45 - 0.50	120
C	Bent Over Row	4	6	60%	> 0.8	90
D1	Overhead Press	3	10	***		60
D2	Lat Pulldown	3	10	***		60

Notes:

*Choose a weight that lets you hit the desired speed for exercises A. If you're slower, lighten the load. If you're faster, go heavier in the next set.

**One set at each Load

***Choose a weight that is appropriate for you to complete the desired reps

