

## Lower Body Force Velocity Profile Example

Order	Exercise	Sets	Reps	Load (%RM)	Mean Velocity (m/s)	Rest (s)
COMPLETE 10-20 minute Warm Up for Selected Exercise						
A	Back Squat ▾	1	4	15%	1.54	60
B	Back Squat ▾	1	3	25%	1.39	60
C	Back Squat ▾	1	2	30%	1.32	75
D	Back Squat ▾	1	2	40%	1.17	75
E	Back Squat ▾	1	2	50%	1.01	75
F	Back Squat ▾	1	2	55%	0.92	90
G	Back Squat ▾	1	1	60%	0.83	90
H	Back Squat ▾	1	1	65%	0.73	90
I	Back Squat ▾	1	1	70%	0.67	120
J	Back Squat ▾	1	1	75%	0.57	120
K	Back Squat ▾	1	1	80%	0.5	120
L	Back Squat ▾	1	1	85%	0.44	120
M	Back Squat ▾	1	1	90%	0.4	180
N	Back Squat ▾	1	1	95%	0.34	180
O	Back Squat ▾	1	1	100%	0.3	180