

“Strong & Slow” Example Program

Order	Exercise	Sets	Reps	Load (%RM)	Mean Velocity (m/s)	Rest (s)
COMPLETE 10-20 minute Warm Up						
A	CMJ Trap Bar Jump	3	3	*Based on velocity	> 1.3	90s
B	Mid thigh Clean High Pull	3	3	*Based on velocity	1.0-1.1	90s
C	Back Squat w/ Bands	5	3	50%,55%,60%,65%,60%	0.75-0.8	90s
D1	Step Ups	3	10	**		60s
D2	Good Morning	3	10	**		60s

Notes:

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

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

