

## Using Your 1RM's Example Program

Order	Exercise	Sets	Reps	Load (%RM)	Mean Velocity (m/s)	Rest (s)
COMPLETE 10-20 minute Warm Up						
A	Back Squat	6	5,4,3,2,1,1	*60,70,75,80,85,90%	>0.4	180
B	Bench Press	6	5,4,3,2,1,1	*60,70,75,80,85,90%	>0.3	180
C1	Romanian Deadlift	3	10	**		60
C2	Lat Pulldown	3	10	**		60

**Notes:**

\*One set at each load

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

