

Velocity Zones: Lower Body Power Focus Example Program

Order	Exercise	Sets	Reps	Load (%RM)	Mean Velocity (m/s)	Rest (s)
COMPLETE 10-20 minute Warm Up						
A	Trap Bar Concentric Jump	3	3	*Based on velocity	> 1.3	90
B	Clean Pull	3	2	* Based on velocity	1.0 - 1.1	90
C	Back Squat	3	4	60%	0.75 - 0.8	90
D1	Lunge	3	10	**		60
D2	Romanian Deadlift	3	10	**		60

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

