

As a reminder our RPE weight scale is as follows:			
Light: technique focus. controlled movement. won't be sore the next day			
Medium: challenging but can complete all reps and all sets with perfect technique			
Heavy: Can barely compete the last rep in each set			
Vheavy: Maxed out. Likely needs a spot to finish the last rep			
Dynamic: Light but quick, precise movements. Lifting as quick as you can			
<b>Masters Velocity Strength</b>			
<b>Aerobic Warm up</b>	At least 15 min		
<b>Activation x1 no circuit</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
<a href="#">Band hip extension / abduction (light band)</a>	x 12 each side	x 12 each side	x 12 each side
<a href="#">Childs pose w/ twist</a>	x 10 each side	x 10 each side	x 10 each side
<a href="#">Kneeling cable row / overhead press (light)</a>	x6 each leg	x6 each leg	x6 each leg
<a href="#">Single leg lowers</a>	45 sec slow	45 sec slow	45 sec slow
<a href="#">Cable classic strides</a>	x 15 each leg	x 15 each leg	x 15 each leg
<a href="#">Jump Rope</a>	3 x 30 seconds	3 x 30 seconds	3 x 30 seconds
<a href="#">Jump Rope high knees</a>	3 x 30 seconds	3 x 30 seconds	3 x 30 seconds
Do each exercise one after the other. Approx. 20 sec rest between exercises. 1-2 min rest between sets			
<b>Velocity triple set #1</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
	<b>2-3 x through</b>	<b>3 x through</b>	<b>3-4 x through</b>
<a href="#">Bench press - light fast</a>	x 8 (med)	x 8 (med)	x 8 (med)
<a href="#">jump pull up</a>	x 6-10	x 8	x 8
<a href="#">Med ball lateral box shuffle</a>	x 8 total	x 8 total	x 8 total
<b>Velocity triple set #2</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
	<b>2-3 x through</b>	<b>3 x through</b>	<b>3-4 x through</b>
<a href="#">Med ball squat throw underhand</a>	x 8	x 8	x 8
<a href="#">Depth jump pogo w/ alternating foot tap</a>	x 5 each leg (10 total)	x 5 each leg (10 total)	x 5 each leg (10 total)
<a href="#">dynamic dips (use assistance band if needed)</a>	x 8-10 fast	x 8-10 fast	x 8-10 fast
** or Bench dips			
<b>Core Circuit 2-3 times through</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
<a href="#">Deadbug (can add light DB)</a>	x 20 total	x 20 total	x 20 total
<a href="#">Front plank band row</a>	x 15 each arm	x 15 each arm	x 15 each arm
<a href="#">Single leg lowers w/ band hold</a>	x15 each side	x15 each side	x15 each side
<a href="#">Side plank dip w/ med ball</a>	x 15 each side	x 15 each side	x 15 each side