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| 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 complete 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 | | | |

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|----------------------------------|-----------------|
| Masters Velocity Strength | |
| Aerobic Warm up | At least 15 min |

| Activation x 1 no circuit | Week 1 | Week 2 | Week 3 |
|--|-------------------------------|-------------------------------|-------------------------------|
| Pair the following two | | | |
| Classic band push | 2 x15 pushes then 30 sec hold | 2 x15 pushes then 30 sec hold | 2 x15 pushes then 30 sec hold |
| monster band classic hold | 2 x15 pushes then 30 sec hold | 2 x15 pushes then 30 sec hold | 2 x15 pushes then 30 sec hold |
| lateral lunge w/ runners | x 5 each side | | |
| Low high cable (can do single leg) | x10 each side | | |
| Ladder drills | x4 different drills, x3 times | x4 different drills, x3 times | x4 different drills, x3 times |

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|--|----------------------|--------------------|--------------------|
| Do each exercise one after the other. Approx. 20 sec rest between exercises. 1-2 min rest between sets | | | |
| Velocity triple set #1 | Week 1 | Week 2 | Week 3 |
| | 2-3 x through | 3 x through | 3 x through |
| Reverse pull up (fast, dynamic) | x 8 | x 8 | x 8 |
| Lateral march skate push | x6 each leg | x6 each leg | x6 each leg |
| dynamic push up | x 6-8 | x 6-8 | x 6-8 |

| Velocity triple set #2 | Week 1 | Week 2 | Week 3 |
|--|----------------------|--------------------|--------------------|
| | 2-3 x through | 3 x through | 3 x through |
| Split squat plate rotations | x10 light and fast | x10 light and fast | x10 light and fast |
| BB split single arm push press | x5 (light) | x5 (light) | x5 (light) |
| optional add: Classic bounds | x 8 total | x 8 total | x 8 total |

| Core Circuit 2-3 times through | Week 1 | Week 2 | Week 3 |
|--|-----------------|-----------------|-----------------|
| Swiss ball knees to chest | x 15 | x 15 | x 15 |
| TRX side plank twist | x 15 each side | x 15 each side | x 15 each side |
| Med ball bicycles | x 30-60 seconds | x 30-60 seconds | x 30-60 seconds |
| front plank w/ arm and leg raise | x 30-60 seconds | x 30-60 seconds | x 30-60 seconds |