

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			

Velocity Strength Day 1			
Aerobic Warm up	15-20 min warm up		

Activation x1 no circuit	Week 1	Week 2	Week 3
Band hip extension / abduction (light band)	x 12 each side	x 12 each side	x 12 each side
Childs pose w/ trist	x 10 each side	x 10 each side	x 10 each side
Kneeling cable row / overhead press (light)	x6 each leg	x6 each leg	x6 each leg
Single leg lowers	45 sec slow	45 sec slow	45 sec slow
Cable classic strides	x 15 each leg	x 15 each leg	x 15 each leg
Jump Rope	3 x 30 seconds	3 x 30 seconds	3 x 30 seconds
Jump Rope high knees	3 x 30 seconds	3 x 30 seconds	3 x 30 seconds

Plyo circuit (30 sec rest) 90 sec between sets	2-3 sets	2-3 sets	3-4 sets
Banded runners	x15 sec	x15 sec	x15 sec
Depth box jump	x 5	x 5	x 5

triple set - 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	3-4 x through
Bench press - light fast	x 8 (med)	x 8 (med)	x 8 (med)
jump pull up	x 6-10	x 8	x 8
Med ball lateral box shuffle	x 8 total	x 8 total	x 8 total

Velocity triple set #2	Week 1	Week 2	Week 3
	2-3 x through	3 x through	3-4 x through
Med ball squat throw underhand	x 8	x 8	x 8
Depth jump pogo w/ alternating foot tap	x 5 each leg (10 total)	x 5 each leg (10 total)	x 5 each leg (10 total)
dynamic dips (use assistance band if needed)	x 8-10 fast	x 8-10 fast	x 8-10 fast

Core Circuit 3 times through	Week 1	Week 2	Week 3
Single leg lowers w/ band hold	x30	x30	x30
Band Swings prone (can replace w/ front plank band row)	x 20	x 30	x 30
Band Swings side (can replace w/ cable rotation)	x25 each side	x25 each side	x30 each side
DB waiter carry	x 30 sec each side	x 30 sec each side	x 30 sec each side
Back extension med ball throw (or weighted)	x 10	x 10	x 10