

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 2			
Aerobic Warm up	15-20 min warm up		
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
Plyo superset	2 sets	3 sets	3 sets
single leg stepup w/ band	x 4 each leg		
foot sprint	1 x 8-10 seconds		
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
Split squat overhead med ball throw	x3 each side dynamic	x3 each side dynamic	x3 each side dynamic
Do each exercise one after the other. Approx. 20 sec rest between exercises. 1-2 min rest between sets			
Velocity triple set #2	Week 1	Week 2	Week 3
	2-3 x through	3 x through	3 x through
iso squat push	x 10-15 seconds	x 10-15 seconds	x 10-15 seconds
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
Deadbug (can add light DB)	x 20 total	x 20 total	x 20 total
TRX side plank twist	x 15 each side	x 15 each side	x 15 each side
TRX bridging hip extension	x 6 each side	x 6 each side	x 6 each side
Med ball bicycles	x 30-60 seconds	x 30-60 seconds	x 30-60 seconds
BB roll out	x 10	x 10	x 10