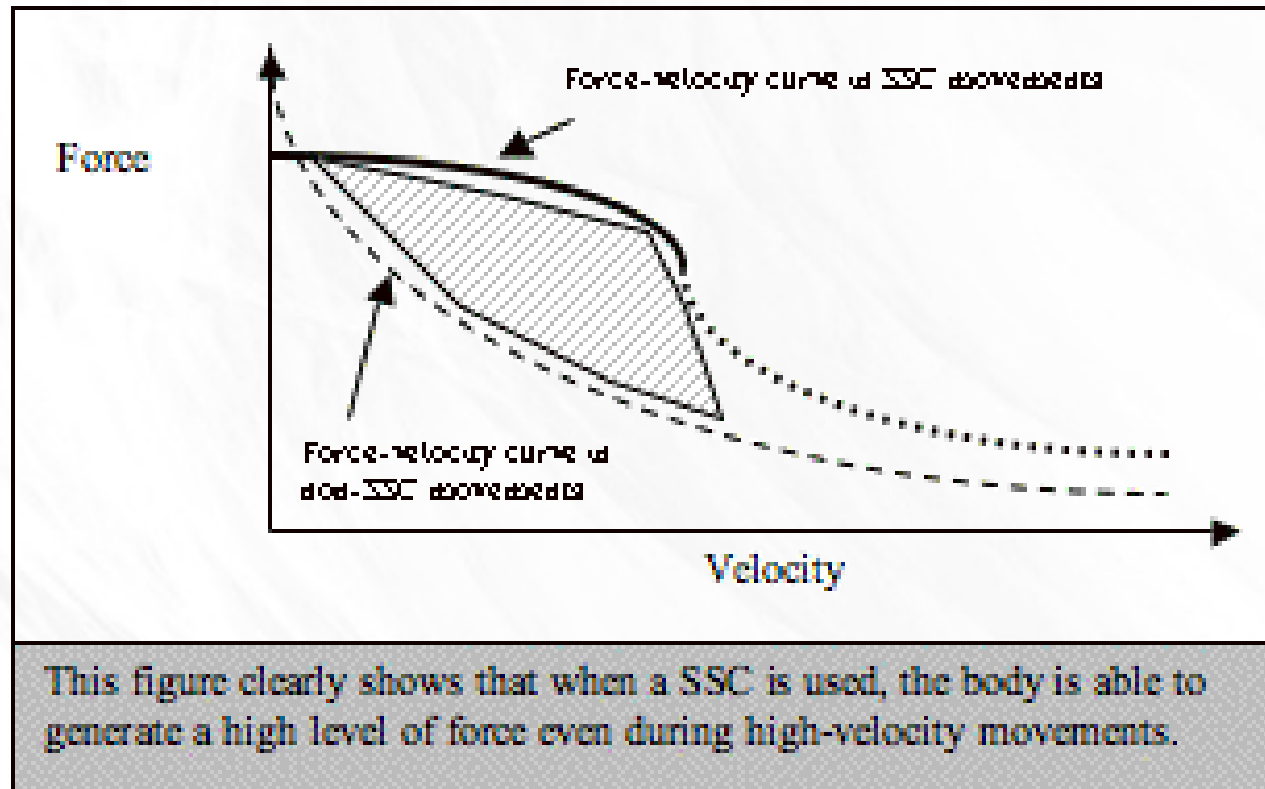


Training Philosophy: Force Velocity Curve

- Alex Vasquez Evolutionary Athletics

Training Philosophy: Force Velocity Curve



Training Philosophy: Force Velocity Curve

- Hill curve does not account for SSC
- Humans use SSC
- With SSC we see 2-3 main zones
 - Max Strength
 - Power
 - Velocity/Peaking

Training Philosophy: Force Velocity Curve

- Next will begin looking at movements and methods along FV Curve