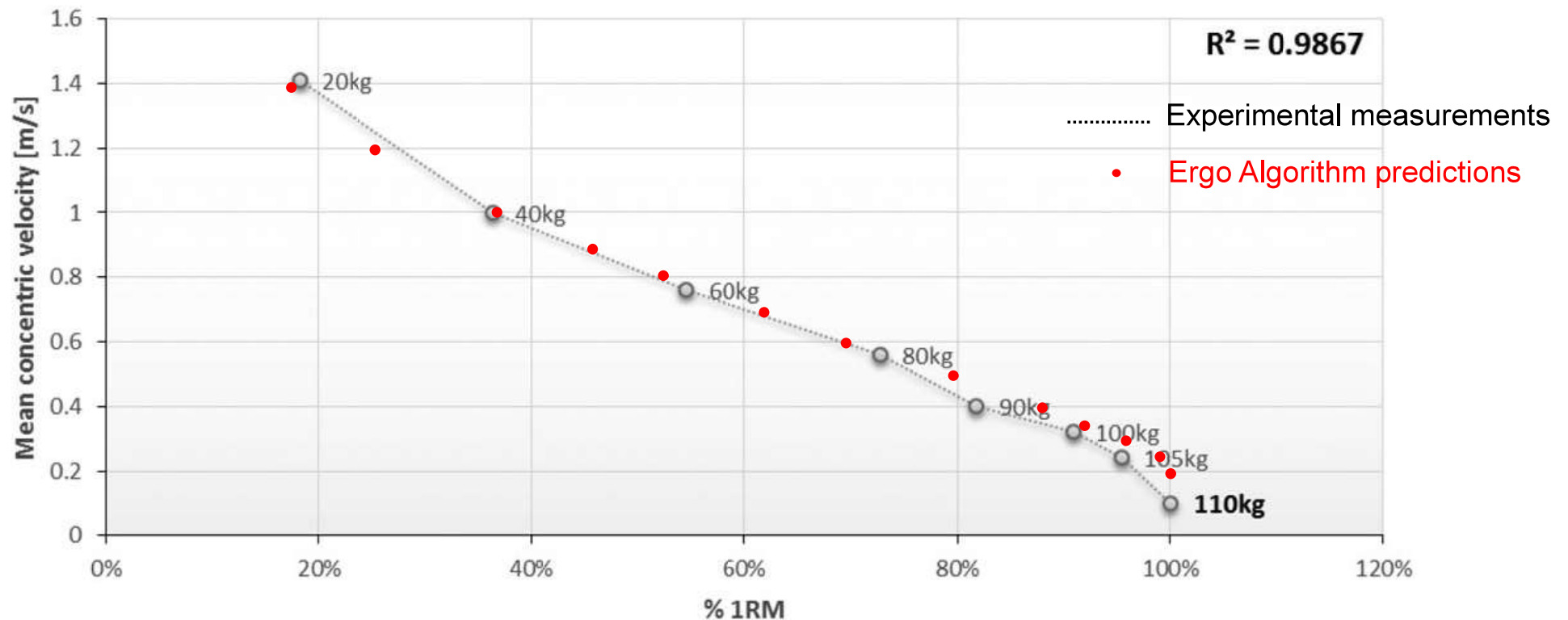


# Validation – Scientific Theoretical - example

## Load/Velocity Profile - Bench Press



Data from:

Jovanovic and Flanagan 2014 Researched applications of velocity based strength training. *J Aust Strength Cond* 22: 59.