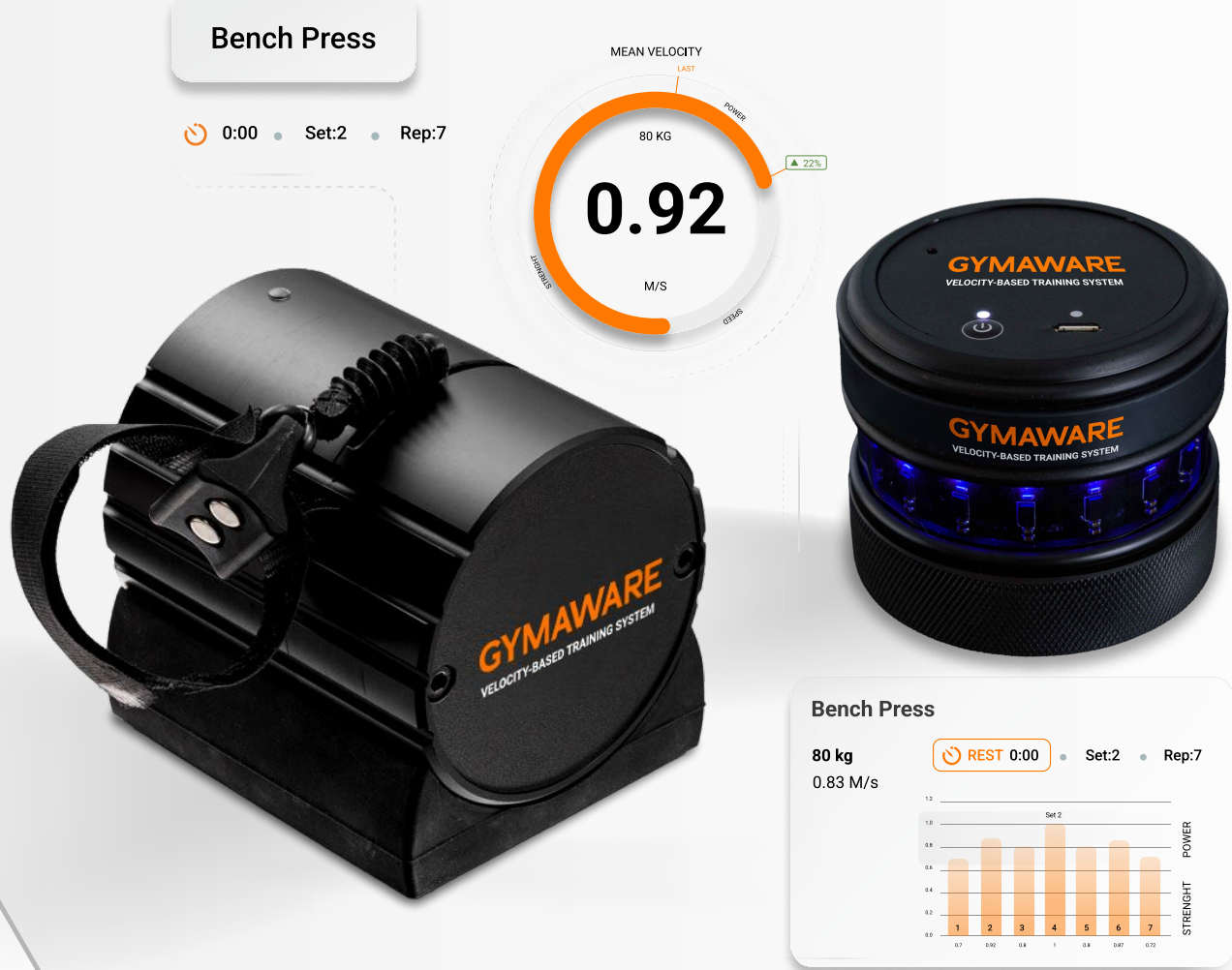


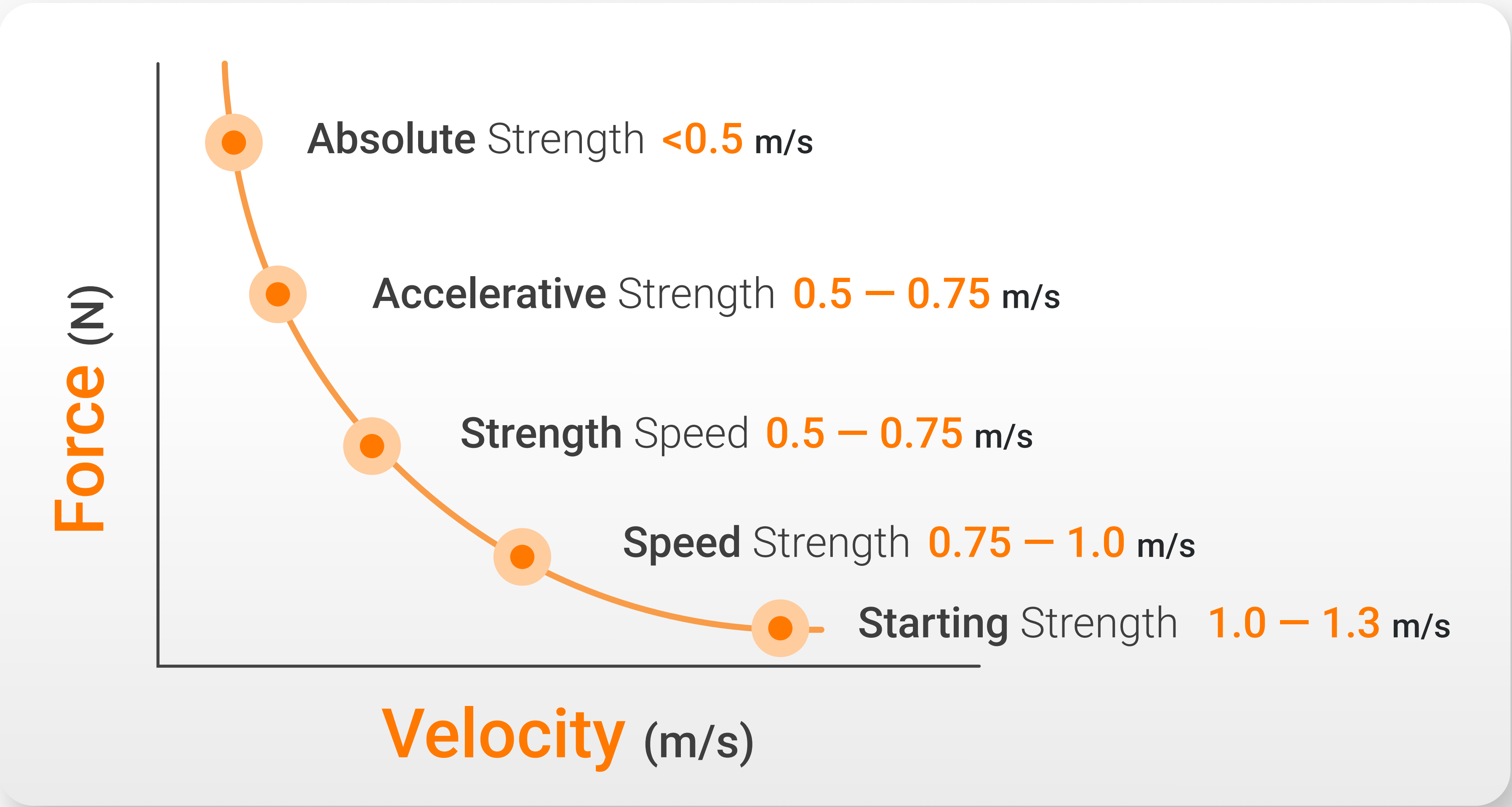
Velocity Based Training (VBT) 101

A Beginner's Guide to VBT Integration



What VBT Devices Measure

VBT devices measure movement velocity, providing a potent biofeedback tool for athletes and coaches to better understand **movement velocity and exercise execution**.



VBT in Practice

Simple thresholds to organize **lower body compound lifts**.

Starting Strength

Maximum speed against resistance

>1.3 m/s

Speed Strength

Light weights at near maximal speed

$1.0-1.3$ m/s

Strength Speed

Moderate weight at high speeds

$0.75-1.0$ m/s

Accelerative Strength

Acceleration of moderate-heavy loads

$0.5-0.75$ m/s

Absolute Strength

Near maximal loads at slow speeds

<0.5 m/s

The **force-velocity** curve (A.V. Hill, 1938)

A foundational concept in sports science, describing the relationship between **maximum force production and contractile velocity of muscle fibers**.

