



SUPER-SPEED



*All exercises below are to be performed with max intent for contraction rate and relaxation adaptations

*Perform 3-5 Rounds of Exercises 1-6 (15-30 minutes total)

*Rest 30-60 seconds b/w exercises

No.	Movement Type	Exercise Options	Intensity (Percent)	Duration (reps)
1	Lower Body Push	Band Assisted (BA) CMJ, BA Split Squat Jump, BA SL CMJ, Oscillating (OC) Squat, OC Split Squat, OC Trap Bar DL	25-55%	3-5ea (single leg) 5-10 (double leg)
2	Upper Body Pull	BA Pull Up, BA Chin Up, OC Chest Supported Row, OC SA Row	35-65%	5-10
3	Shoulder Girdle/Arms	BO Reverse Fly Drop Catch, Lateral Raise Drop Catch, Front Raise Drop Catch, Curl Drop Catch	5-15lb	5-10
4	Lower Body Pull	BA Broad Jump, BA Rot Hip Toss, BA Rot Shot Toss, OC RDL, OC Hip Thrust	25-55%	3-5ea (single leg) 5-10 (double leg)
5	Upper Body Push	BA Push Up, OC Bench Press, OC Incline BP, OC Decline BP, OC Shoulder Press, OC Landmine Press, BA Dip	35-65%	5-10
6	Ankle/Hip Girdle	BA Ankle Hops, BA Single Leg Ankle Hops, Banded Groin, Banded Glute, Banded Hip Flexor	N/A	5-10

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