

VBT VS. PERCENTAGES

How do they compare?

A comparison of velocity-based loading and percentage-based loading methods.



A 2019 study...

Randomly assigned twenty three resistance trained individuals to either a **velocity-based loading (VBL)** or a **percentage-based loading (PBL)** group for a six-week programme.

The VBL group showed **significantly larger gains** in bench press strength and jump height, despite volume being slightly lower.

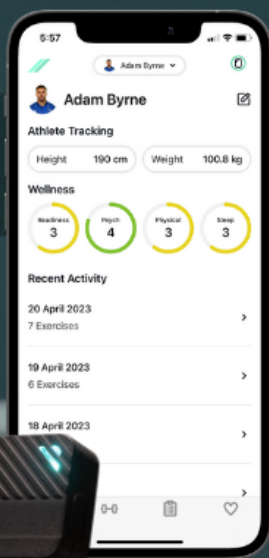


A 50% larger improvement...

Was identified across four compound lifts - the squat, bench press, deadlift and overhead press in the VBL group.

Which suggests that velocity-based loading may be a more effective training method for improving maximal strength and power in trained individuals.

Metric	Value
Mean Power	7W
Relative Power (kg)	0%
Overall Mean Velocity (m/s)	921
Best Mean Power (W)	03 553
Overall Relative Peak Force (N/kg)	30 9.51
Work (kJ)	9.9 70



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