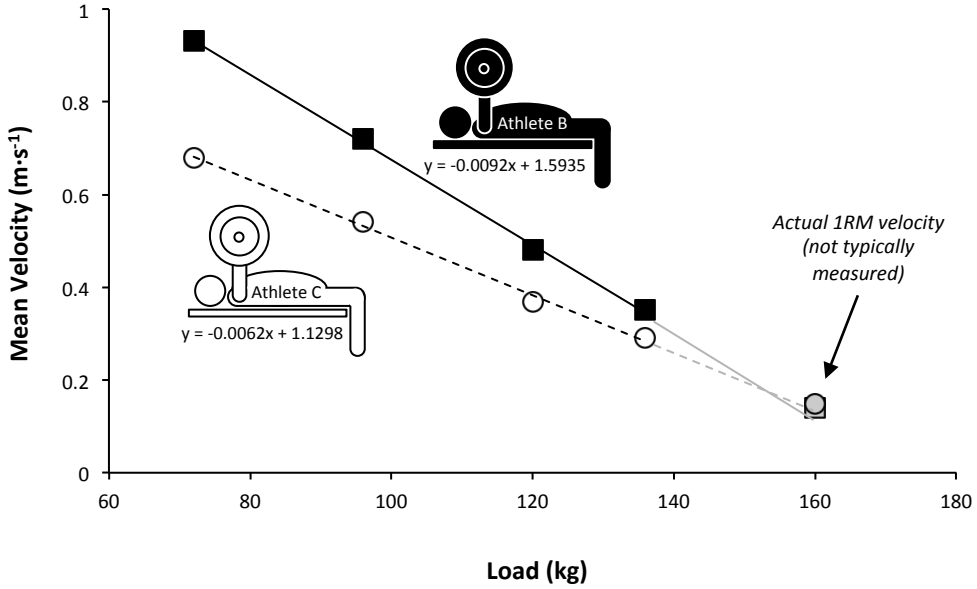
Mean Velocity (m·s-1)
1
0.8
0.6
0.4
0.2
0
60
80
100
120
140
160
180
Load (kg)
Athlete B
y = -0.0092x + 1.5935
Athlete C
y = -0.0062x + 1.1298
Actual 1RM velocity
(not typically
measured)