



VELOCITY BASED TRAINING

DSC is pleased to introduce the addition of [GymAware—Velocity Based Training](#) to our programs & services.

»VBT Provides Real Time—Actionable Intelligence To Enhance Performance Metrics«

Objectively measuring [Power & Velocity](#) during the set &/or repetition allowing to precisely prescribe load/resistance to maximize results.

Bar Velocity Can Enhance the Development of The Following:

- ◇ Absolute Strength
- ◇ Accelerative Strength
- ◇ Strength-Speed
- ◇ Speed-Strength
- ◇ Starting Strength

Utilizing velocity zones, we can better ensure desired training outcome.



The GymAware PowerTool is a [LPT \(Linear Position Transducer\)](#) designed specifically for measuring performance in athletes. The tool will be utilized in DSC's Advanced Performance Programs allowing for individualized and accurate loading parameters equaling maximal gains.

Please contact our team for further information.



Donskov Strength & Conditioning, Inc.
7061 Huntley Road Columbus OH. 43229 | 614.547.7100 | info@donskovsc.com