

Mike Boyle Strength and Conditioning Summer 2019 Phase 1													
Name:													
Day 1	Wk1	Reps	Wk2	Reps	Wk3	Reps	Day 3	Wk1	Reps	Wk2	Reps	Wk3	Reps
Chin-up <i>Week 1 only:</i> <i>Shoulder Mobility Score</i>		x8		x8		x5	TrapBar Deadlift		x8		x8		x8
		x8		x8		x5+	<i>Week 1 only:</i>		x8		x8		x8
		SM		x8		x5	<i>ASLR Score</i>		ASLR		x8		x8
Sled March <i>Week 1 only:</i> <i>Overhead Squat Score</i>		x8		x8		x8	Ring Row		x8		x8		x8
		x8		x8		x8	<i>Week 1 only:</i>		x8		x8		x8
		OHS		x8		x8	<i>Rotary Stability Score</i>		RS		x8		x8
Split Squat		x8		x8		x8	1 DB SLDL		x8		x8		x8
		x8		x8		x8			x8		x8		x8
				x8		x8					x8		x8
Stability Ball Leg Curl		2x8		2x10		2x12	X-Pulldown		2x8		2x10		2x12
1/2k Inline 1-Arm Row		2x8		2x10		2x12	1 Leg Squat (Standing)		2x8		2x10		2x12
1/2k Inline Lift		2x8		2x10		2x12	1/2k Inline Chop		2x8		2x10		2x12
1 Leg Bench Hip Hip		2x8		2x10		2x12	Glute Ham Iso (w/ Stab. Ball)		3x8 sec		3x10 sec		3x12 sec
Day 2	Wk1	Reps	Wk2	Reps	Wk3	Reps	Day 4	Wk1	Reps	Wk2	Reps	Wk3	Reps
Snatch or TB/DB Jump + Vertical Jump x3 _____		x5		x5		x5	Clean or TB/DB Jump		x5		x5		x5
		x5		x5		x5	+ Vertical Jump (hands on hips) x3		x5		x5		x5
		x5		x5		x5	_____		x5		x5		x5
Front Plank		2x 20 sec		2x20 sec		2x20 sec	Front Plank		2x 20 sec		2x20 sec		2x20 sec
Bench Press		x8		x8		x5	DB Incline Bench Press		x8		x8		x5
		x8		x8		x5+			x8		x8		x5+
				x8		x5					x8		x5
Side Plank w/ Active Adduction		2x20 sec		2x20 sec		2x20 sec	Side Plank w/ Active Adduction		2x20 sec		2x20 sec		2x20 sec
Lat Band Stretch		2x20 sec		2x20 sec		2x20 sec	Lat Band Stretch		2x20 sec		2x20 sec		2x20 sec
1/2k Alt. OH Press		x8		x8		x8	Pushup		x10		x10		x10
		x8		x8		x8			x10		x10		x10+
				x8		x8					x10		x10
Straight Leg Situp		2x10		2x12		2x14	Get-up to Elbow		2x3		2x4		2x5
Lying Band T		2x8		2x10		2x12	Lying Band High/Low		2x8		2x10		2x12
Lying Band Hip Flexion		2x8		2x10		2x12	Lying Band Hip Flexion		2x8		2x10		2x12
Pilates Ring 2 Positions (45/90)		2x10+10		2x12+12		2x14+14	Pilates Ring 2 Positions (45/90)		2x10+10		2x12+12		2x14+14
Slideboard		3x10 touches ea		4x10 ea		5x10 ea	Slideboard		3x10 touches ea		4x10 ea		5x10 ea
	Wk1	Reps	Wk2	Reps	Wk3	Reps				10yd Wk 1	10yd Wk 2	10yd Wk 3	
Weight:							Injury History/Notes:						
Body Fat%:								Day 1:		Day 1:		Day 1:	
Resting Heart Rate:								Day 2:		Day 2:		Day 2:	
Vertical Jump:													