2				Mike B	oyle Strength ar	nd Condi	Mike Boyle Strength and Conditioning Summer 2019 Phase 2					
Name:	:		:	1								
Day 1	Wk1	Reps	Wk2	Reps	Wk3		Day 3	Wk1		Wk2 R		Wk3 Reps
Chin-up		×3		×3			TrapBar Deadlift		x5		x5	x5
		x3		×3		×3+			×5		x5	x5
		x3		×3		×3			x5		x5	x5
-		ι		ı		i	ſ		ı		ı	L
Sled March		X :		χ.		CX I	g Kow		χ.		CX.	SX:
		C Y		C Y		C 4×			CX.		CX.	CX A
Side Plank Band Row		2×10		0x x3		01 XC	XS 2×10 Side Plank Band Row		x5 2×10		x3 2x10	2x10
Split Squat		V5		2 Y Y		V5 0	SI DI Progression		×5		×5.	×5
objec odnac		××		X X		X X X			× ×5		×5.	XX ZX
		× 55		× × ×		× 22			×5		x5	X5 X5
Slideboard Leg Curl		2x8		2×10		2x12 Alt	2x12 Alt W-Pulldown		3x8	(,)	3×10	3x12
VersaPullev 1-Arm/1-1 eg Row		3x8		3x8		3x8	3x8 11 eq Squat (Standing)		2x5		285	2x5
Iso Split Squat Lift		2x8		2x10		2x12 Iso	2x12 Iso Split Squat Chop		2x8		2x10	2x12
\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$		(· ·			=		(i.
1 Leg Bench Hip Lift (2 sec Hold)		9XZ		8X7	I	ZX10 Glute Ham	ш	I	I			
Day 2	Wk1	Reps	Wk2	Reps	Wk3		Day 4	WK1 F		Wk2 R		Wk3 Reps
Snatch or KB Swing x10		×3		×3		×3 C×	Clean or KB Swing x10		×2		x5	x5
+ Vertical Jump x3		×3		×3		x3 + 4	+ 4 Jump x3		x2		×5	x5 x
		×3		×3		<u> </u>			çx		çx	сх
Body Saw		3x8		3×10		3x12 Body Saw	dv Saw		3x8	(1)	3×10	3x12
Bench Press		x5		x5		x5 DB	DB Incline Bench Press		×5		x5	x5
		×3		×3					×5		×5	+2×
		x3		×3		×3+			x5		x5	x5
		×3		×3		×3						
Plank Reach		5x6		2x8		2x10 Plai	2x10 Plank Reach		2x6		2x8	2x10
Lat Band Stretch		2x20 sec		2x20 sec	2×20	O sec.	2x20 sec at Band Stretch	2×2	2x20 sec	2x20 sec	G.	2x20 sec
1/2k OH Press		×5		x5		x5 Pus	Pushup		×10		x12	x14
		x5		x5		x5	•		×10		×12	×14
		×5		x5		x5	x5		x10		×12	×14
Yoga Table Stretch		2x5		2x5		2x5 Yo g	ya Table Stretch		2x5		2x5	2x5
Straight Leg Situp Progression		2x10		2x12		2x14 Get	2x14 Get-up to Hand		2x3		2x4	2x5
Standing T		2x8		2x10		2x12 Decline W/Y	line W/Y		2x8		2×10	2x12
Standing Hip Flexion		2x8		2x10		2x12 Sta	2x12 Standing Hip Flexion		2x8		2×10	2×12
Adductor Slides 2 Positions (Hip Flex/Ext)		2x5+5		2x6+6	2	2x7+7 Add	2x7+7 Adductor Slides 2 Positions (Hip Flex/Ext)	Ø.	2x5+5	Q	2x6+6	2x7+7
Slideboard		6x10		6x10		6x10 Sli d	Slideboard		6x10		6x10	6x10
	Wk1	Reps	WK2	Reps	Wk3					10yd Wk	_	2 10yd Wk 3
Weight:						lnju	Injury History/Notes:			Day 1:	Day 1:	Day 1:
Body Fat%: Resting Heart Rate:										Day 2:	Day 2:	Day 2:
Vertical lump												
עמוווים ורמו לווווים ורמו												