

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				x5	<i>ASLR Score</i>		ASLR				x8
					x8			<i>Toe Touch Score</i>		TT				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		
Stability Ball Leg Curl								X-Pulldown						
			2x8		2x10		2x12			2x8		2x10		2x12
1/2k Inline 1-Arm Row			2x8		2x10		2x12	1 Leg Squat (Standing)				2x10		2x12
					2x10		2x12	1/2k Inline Chop				2x10		2x12
1/2k Inline Lift			2x8		2x10		2x12					3x10 sec		3x12 sec
1 Leg Bench Hip Hip			2x8		2x10		2x12	Glute Ham Iso (w/ Stab. Ball)				3x10 sec		3x12 sec
Day 2 Snatch or TB/DB Jump + Vertical Jump x3			Wk1		Reps		Wk2			Reps		Wk3		Reps
					x5		x5	Clean or TB/DB Jump				x5		x5
					x5		x5	+ Vertical Jump (hands on hips) x3				x5		x5
					x5		x5					x5		x5
Front Plank Bench Press			2x20 sec		2x20 sec		2x20 sec	Front Plank				2x20 sec		2x20 sec
			x8		x8		x5	DB Incline Bench Press				x8		x5
			x8		x8		x5+				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
Lat Band Stretch			2x20 sec		2x20 sec		2x20 sec	Lat Band Stretch				2x20 sec		2x20 sec
			x8		x8		x8	Pushup				x10		x10
			x8		x8		x8				x10		x10	x10+
					x8		x8				x10		x10	x10
1/2k Alt. OH Press														
Straight Leg Situp			2x10		2x12		2x14	Get-up to Elbow				2x3		2x4
					2x10		2x12	Lying Band High/Low				2x8		2x10
			2x8											
Lying Band T														
			2x8		2x10		2x12	Lying Band Hip Flexion				2x8		2x10
Lying Band Hip Flexion														
Plates Ring 2 Positions (45/90)			2x10+10		2x12+12		2x14+14	Plates Ring				2x10+10		2x12+12
Slideboard			3x10 touches ea		4x10 ea		5x10 ea	Slideboard				3x10 touches ea		4x10 ea
Weight: Body Fat%: Resting Heart Rate: Vertical Jump:			Wk1		Reps		Wk2			Reps		Wk3		Reps
								Injury History/Notes:						