State   Stat	2				Mike Bo	yle Strength	and Con	Mike Boyle Strength and Conditioning Summer 2019 Phase 4					
Mail					,		-	-					
No.   No.		Wk1	Reps	Wk2	Reps	Wk3	Reps						
No.   No.	Chin-up		×3		×3		<u>လ</u> ဗ×	led Sprint		×,		×1	x x
Mail	(2 up/ 4 hold/ 4 down)		×3		×3		×3+			×		×1	×
No.   No.			×3		×3		×3			× 1		×1	x 1x
No. 1													
X	Sled Sprint		×		×		×	ing Row		x3		*4	x5
No.   No.			×		×		×1	10 sec hold on last rep)		x3		×4	x5
No.   No.			x1		x1		×1			x3		×4	x5
No. 10   N	TrapBar Deadlift		x5		x5		x5 <b>R</b>	ear Foot Elevated	×	:30	×	:45	× 1:00
No. of the control			x5		x5		×5 ×5	plit Squat	×	:30	×	:45	× 1:00
Since   Sinc			×5		x5		x5 (1	" off ground Iso Hold)	×	:30	×	:45	× 1:00
2x6													
Check   Chec	Rotational Row		3x5		3x5		3x5 <b>A</b>	t W-Pulldown		3x8	8	¢10	3x12
wht Reas Wk3 Eccentric Sildeboard Lag Curf Wk1 Reas Wk2 Reas Kk3 <th< td=""><td>SLDL Progression</td><td></td><td>3x5</td><td></td><td>3x5</td><td></td><td>3x5 <b>L</b>;</td><td>ateral Lunge</td><td></td><td>2x5</td><td>•</td><td>2x5</td><td>2x5</td></th<>	SLDL Progression		3x5		3x5		3x5 <b>L</b> ;	ateral Lunge		2x5	•	2x5	2x5
WK1   Reps   WK2   Reps   WK3   Reps   Reps   Reps   WK3   Reps   R	1 log Sallet (off box)		3× 7		3,4		3,5	Crontric Slideboard Lea Cur		2×3	•	V.	200
c Hold) 2x5 2x5 Partner Eccentric Glute Ham 3x3 3x4 MKI Reps WKI Reps Rep	י בכא כלתמו (כון מכא)		3		2		CYC	Sec down)		2	•	<b>+</b>	CV7
Not   Reps   Wk2   Reps   Wk3   Reps   Wk4   Reps   Wk2   Reps   Wk3   Reps   Wk4   R	1 Leg Bench Hip Lift (2 sec Hold)		2x5		2x5		2x5	artner Eccentric Glute Ham		3x3		3×4	3x5
WK1 Reps WK2 Reps WK3 Reps WK3 Reps WK3 K 3 X 3	loaded w/ chain/belts/etc						(9)	sec down)					
Note	Day 2	Wk1	Reps	Wk2	Reps	Wk3							
No.   No.	Clean or TB/DB Jump		×3		×3			natch or TB/DB Jump		x3		x3	x3
2x6			×3		x3		×3			x3		x3	×3
2x5 2x5 Spideman Stretch 2x5			×3		×3		×3			x3		x3	x3
Signature   Sign	Spiderman Stretch		2x5		2x5		2x2	piderman Stretch		2x5	•	2x5	2x5
Action   A	DB Plank Row		2x6		2x7		2x8	B Plank Row		2x6		2×7	2x8
Note	Eccentric Bench Press		x3		x3		щ ×	ccentric DB Incline		x3		x3	x3
Comparison	(5 sec lower)		×3		×3		x3+(£	sec lower)		x3		x3	×3+
10   2x8   2x10   2x12   Bear Saw   2x8   x8   x8   x8   x8   x8   x8   x			×3		×3		×3			x3		×3	x3
x5 x5 x5 x8 x8<	Bear Saw		2x8		2×10		2x12	ear Saw		2x8	8	c10	2×12
x5 x5 x5 x8 x8<	Standing 1 Arm OH Press		×5		x5		x5 <b>P</b>	ushup Progression		×8		×8	×8
x5 x5 x5 x5 x8 x8<	)		x5		x5		×2			x8		x8	8x
2x54-6 2x72 2x74 Leverbell SL Situp 2x5+5 2x5+5 2x6+6 2x74 2x6+6 2x74 2x6+6 2x74 2x6+6 2x74 2x6+6 2x74 2x6+6 2x70 2x12 2x6+6 2x70 2x12 2x6+6 2x70 2x12 2x70 2x12			x5		x5		×5			×8		×8	×8×
2x5+5 2x6+6 2x7+7 Leverbell SL Situp 2x5+5 2x6+6 2x7+6 2x6+6 2x6+6 2x12 <th< td=""><td>Elevated Hip Flexion/Adduction</td><td></td><td>2×10</td><td></td><td>2x12</td><td></td><td>2x14 E</td><td>levated Hip Flexion/Adduction</td><td>6</td><td>×10</td><td>3</td><td>(12</td><td>2x14</td></th<>	Elevated Hip Flexion/Adduction		2×10		2x12		2x14 E	levated Hip Flexion/Adduction	6	×10	3	(12	2x14
2x10 2x12 2x14 Shoulder ER/IR/T Shoulder ER/IR/T 2x10 2x12 3x12	Leverbell SL Situp		2x5+5		2x6+6		2x7+7	everbell SL Situp	2×	5+5	2×6	9+6	2×7+7
2x:20 2x:25 2x:20 2x:25 2x:25 2x:20 2x:25 <th< td=""><td>Shoulder ER/IR/T</td><td></td><td>2x10</td><td></td><td>2x12</td><td></td><td>2x14 <b>SI</b></td><td>houlder ER/IR/T</td><td>2</td><td>×10</td><td>3</td><td>&lt;12</td><td>2x14</td></th<>	Shoulder ER/IR/T		2x10		2x12		2x14 <b>SI</b>	houlder ER/IR/T	2	×10	3	<12	2x14
2X:20 <th< td=""><td></td><td></td><td>Ó</td><td></td><td>Ĺ</td><td></td><td>6</td><td></td><td>d</td><td></td><td>Ċ</td><td>L</td><td>Ö</td></th<>			Ó		Ĺ		6		d		Ċ	L	Ö
2x8 2x8 Dynamic Transverse Chop w/ Bar 2x8 2x8   Wk1 Reps Wk2 Reps Wk3 Reps Injury History/Notes: Injury History/Notes: Day 1: Day 1: Day 2: Day 2: Day 2:	Suitcase Hold		2x :20		2x :25		<u>v</u> 00: XZ	uitcase Hold	X	:20	X	:25	2x :30
Wk1 Reps Wk3 Reps Wk3 Reps 10yd Wk 1 10yd Wk 2 Day 1: Day 1: Day 1: Day 2: Day 3:	Step-Up Lift		2x8		2x8		2x8	ן ynamic Transverse Chop w/ Bar		2x8	,,	2x8	2x8
Injury History/Notes: Day 1: Day 1: Day 2: Day 2: Day 2:		Wk1	Reps	Wk2	Reps	Wk3	Reps				10yd Wk	1 10yd Wk 2	10yd Wk 3
Resting Heart Rate:	Weight: Body Fat%:							jury History/Notes:			Day 1: Day 2:	Day 1: Day 2:	Day 1: Day 2:
	Resting Heart Rate:												