Mike Boyle Strength and Conditioning Summer 2010 Phase 1

	Bench	Squat	Clean	BW	Pullup	Incline	Close Grip	Name								
Day 1	Tempo		WK1	Reps	WK2	Reps	WK3	Reps	**Day 3**	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps
Clean or	Exp			x5		x5		x5	**Clean or**	Exp			x5		x5		x5
KB Swing				x5		x5		x5	**KB Swing**				x5		x5		x5
				x5		x5		x5					x5		x5		x5
Ball Rollout			2	x12	2	x14	2	x16	**Ball Rollout**			2	x12	2	x14	2x	x16
ChinUp				x8		x8		x8	**Trap Bar Deadlift**				x8		x8		x8
				x8		x8		xmax	**(outside racks)**				x8		x8		x8
						x8		xmax-2							x8		x8
RFE 1 Leg Squat				x8		x8		x8	**Rot Inv Row**				x15		x15		x15
				x8		x8		xmax	**(Inside Rack)**				x15		x15		x15
						x8		xmax-2							x15		x15
Stretch-Sumo Squat 2x:20 sec									*Stretch-Sumo Squat 2x:20 sec*							
Circuit									*Circuit*							
TRX Lunge (or variation)				x8		x8		x8	**X Pulldown**				x15		x15		x15
(PurMotion)				x8		x8		x8	**(Triple Trainer)**				x15		x15		x15
1 Leg SLDL				x8		x8		x8	**1 Leg Squat**				x10		x10		x10
(DB area)				x8		x8		x8	**(Dumbell area)**				x10		x10		x10
1 A 1 L Row				x8		x8		x8	**Slideboard or TRX Leg**				x8		x10		x12
(Triple Trainer)				x8		x8		x8	**Curl**				x8		x10		x12
									(Purmotion- think angles)							
1/2 Kneeling				x8		x8		x8	**1/2 Kneeling**				x8		x8		x8
Stability Chop (5 Cable Columns)				x8		x8		x8	**Stability Lift (5 Cable Columns)**				x8		x8		x8
Day 2									**Day 4**							
Bench Press				x8		x6		x4	**Incline**				x8		AMRAP		AMRAP
				x8		xmax		xmax					x8		AMRAP		AMRAP
						x6		x4								
Stretch-Band Lat x8									*Stretch-Band Lat x8*							
Core - Landmine			2	x10	2	x12	2	x14	*Core -Landmine*			2	x10	2	x12	2	x14
Kneeling Alt				x8-12		x8-12		x8-12	**Pushup**				xmax		xmax		xmax
KB Press				x8-12		x8-12		x8-12	**(goal is 10-20)**				xmax		xmax		xmax
						x8-12		x8-12								
Stretch- Yoga Table									*Stretch-Yoga Table*							
Core - SL Situp/ Getup Progression				x10x2		x12x2		x14x2	*Core - SL Situp/ Getup Progression*				x10x2		x12x2		x14x2
Plank Circuit-S/F/S			2x1x:10 sec			2x1x:10sec		2x1x:10	*Plank Circuit-S/F/S*			2x1x:10sec		2x1x:10sec		2x1x:10sec
Circuit									**Circuit**							
Y/ ER Combo				x8		x10		x12	**Y/ ER Combo**				x8		x10		x12
(Cable Column)				x8		x10		x12	**(Cable Column)**				x8		x10		x12
Hip Adduction/Flexion				x10		x12		x14	**Hip Adduction/Flexion**				x10		x12		x14
(DB area)				x10		x12		x14	**(DB area)**				x10		x12		x14
Tall Kneeling				x10		x10		x12	**Tall Kneeling**				x8		x8		x8
Alt Push Pull				x10		x10		x12	**Anti-Rotation Press**				x8		x8		x8
Current Injuries:																