

Mike Boyle Strength and Conditioning Summer 2019 Phase 3																					
Name:		Wk1		Reps		Wk2		Reps		Wk1		Reps		Wk2		Reps					
Chin-up <i>complex w/ Med Ball Slam x5 (orange/green ball)</i>	Day 1	x3	x3	x3	x3	Sled Sprint	x3	x3+	complex w/ 1 Leg Hurdle Hop <i>w/ bounce x5</i>	x1	x1	x1	x1	x1	x1	x1					
		x3	x3	x3	x3																
Sled Sprint <i>complex w/ 2 Leg Hurdle Jump w/ bounce x5</i>		x1	x1	x1	x1	Ring Row	x1	complex w/ Med Ball Slam x5 <i>(orange/green ball)</i>	x5	x5	x5	x5	x5	x5	x5	x5					
		x1	x1	x1	x1																
TrapBar Deadlift <i>complex w/ Squat Jump w/ Med Ball x5</i>		x5	x5	x5	x5	Rear Foot Elevated	x5	Split Squat	x5	x5	x5	x5	x5	x5	x5	x5					
		x5	x5	x5	x5	complex w/ Explosive Step-up x5	x5														
DB Row		3x5	3x5	3x5	3x5	Rotational Row	3x5	3x5		3x5	3x5	3x5	3x5	3x5	3x5	3x5					
						complex w/ 45° Bound x5															
Side Plank w/ Adduction (18" box) Dynamic Lift		2x6	2x8	2x8	2x10	Side Plank w/ Adduction (18" box)	2x10	2x8	Dynamic Transverse Chop	2x6	2x8	2x8	2x8	2x8	2x8	2x10					
		2x8	2x8	2x8	2x8																
1 Leg Squat		2x8	2x8	2x8	2x8	SLDL Progression	2x8	2x5		2x5	2x5	2x5	2x5	2x5	2x5	2x5					
Slideboard Leg Curl		2x8	2x10	2x10	2x12	Glute Ham	2x12	3x6		3x6	3x7	3x8	3x8	3x8	3x8	3x8					
Clean or TB/DB Jump + Vertical Jump x3 _____ _____	Day 2	x3	x3	x3	x3	Snatch or KB Swing x10 + Vertical Jump x3	x3	x3	x5	x5	x5	x5	x5	x5	x5	x5					
		x3	x3	x3	x3																
Bear Plank Reach Bench Press <i>complex w/ Med Ball Bench x5 (4th set same weight Wk 1-3)</i>		2x6	x3	x3	x3	Bear Plank Reach	2x8	2x6		2x6	2x8	2x10	2x10	2x10	2x10	2x10					
		x3	x3	x3	x3	Alt. DB Incline Bench Press <i>complex w/ Med Ball Bench x5</i>	x3	x3+	x6	x6	x6	x6	x6	x6	x6	x6					
		x8	x8	x10	x12			x12													
Body Saw Standing Alt. OH Press		2x10	2x12	2x12	2x14	Body Saw	2x14	2x10		2x10	2x12	2x14	2x14	2x14	2x14	2x14					
		x6	x6	x6	x6	Pushup Progression	x6	x8		x8	x8	x8	x8	x8	x8	x8					
		x6	x6	x6	x6			x6													
Standing Hip Flexion/Adduction Leverbell SL Situp		2x10	2x12	2x12	2x14	Standing Hip Flexion/Adduction	2x14	2x10		2x10	2x12	2x14	2x14	2x14	2x14	2x14					
		2x4+4	2x5+5	2x5+5	2x6+6	Shoulder ER/IR	2x6+6	2x8		2x8	2x10	2x12	2x12	2x12	2x12	2x12					
Stepping Side Toss Medial/Lateral Hurdle Hop w/ bounce		3x8	3x8	3x8	3x8	Parallel Throw	3x8	2x8		2x8	2x8	2x8	2x8	2x8	2x8	2x8					
		3x3	3x3	3x3	3x3	Getup to Bridge OR Full	3x3	2x3		2x3	2x3	2x3	2x3	2x3	2x3	2x3					
		Wk1	Reps	Wk2	Reps	Wk3	Reps	Injury History/Notes:								10yd Wk 1		10yd Wk 2		10yd Wk 3	
												Day 1: Day 2:					Day 1: Day 2:				
Weight: Body Fat%: Resting Heart Rate: Vertical Jump:																					