

| Mike Boyle Strength and Conditioning Summer 2010 Phase 1 |         |       |            |       |            |         |            |         |                     |         |      |          |       |          |       |          |       |  |
|----------------------------------------------------------|---------|-------|------------|-------|------------|---------|------------|---------|---------------------|---------|------|----------|-------|----------|-------|----------|-------|--|
| Name                                                     | Bench   | Squat | Clean      | BW    | Pullup     | Incline | Close Grip |         |                     |         |      |          |       |          |       |          |       |  |
| Connelly                                                 | 100     | 100   | 100        | 185   | 15         |         |            |         |                     |         |      |          |       |          |       |          |       |  |
| Day 1                                                    | Tempo   | 315   | WK1        | Reps  | WK2        | Reps    | WK3        | Reps    | Day 3               | Tempo   | Rest | WK1      | Reps  | WK2      | Reps  | WK3      | Reps  |  |
| ChinUp                                                   |         | 1:00  | BW         | x8    | BW         | x8      | BW         | x5      | DB Deadlift         | 2/0/Exp | 1:00 | 75 x8    |       | 75 x8    |       | 75 x8    |       |  |
|                                                          |         |       | BW         | x8    |            | 15 x8   |            | 19 xmax |                     |         |      |          | 75 x8 |          | 78 x8 |          | 80 x8 |  |
|                                                          |         |       |            |       |            | 11 x8   |            |         |                     |         |      |          |       |          | 75 x8 |          | 78 x8 |  |
| RFE 1 Leg Squat                                          |         | 1:00  | 95 x8      |       | 50 x8      |         | 50 x8      |         | Inv Row             | 1:00    |      | x15      |       | x15      |       | x15      |       |  |
|                                                          |         |       | 95 x8      |       | 50 x8      |         | 53 xmax    |         |                     |         |      |          | x15   |          | x15   |          | x15   |  |
|                                                          |         |       |            |       | 50 x8      |         |            |         |                     |         |      |          |       |          | x15   |          | x15   |  |
| Side Plank                                               |         |       | 2x3x10 sec |       | 2x3x10 sec |         | 2x3x10 sec |         | Front Plank         |         |      | 2x20 sec |       | 2x30 sec |       | 2x40 sec |       |  |
| SB Lunge                                                 |         | 1:00  |            | x8    |            | x8      |            | x8      | X Pulldown          | 2/0/2   | 1:00 |          | x15   |          | x15   |          | x15   |  |
|                                                          |         |       |            | x8    |            | x8      |            | x8      |                     |         |      |          | x15   |          | x15   |          | x15   |  |
| 1 Leg SLDL                                               |         | 1:00  | 20 x8      |       | 23 x8      |         | 25 x8      |         | 1 Leg Squat         |         |      | -28 x10  |       | -28 x10  |       | -28 x10  |       |  |
|                                                          |         |       |            | x8    |            | x8      |            | x8      |                     | 1:00    |      | -28 x10  |       | -25 x10  |       | -21 x10  |       |  |
| 1 A 1 L Row                                              |         |       |            | x8    |            | x8      |            | x8      | Slideboard Leg      |         |      | x8       |       | x10      |       | x12      |       |  |
|                                                          |         |       |            | x8    |            | x8      |            | x8      | Curl                |         |      | x8       |       | x10      |       | x12      |       |  |
| Day 2                                                    |         |       |            |       |            |         |            |         | Day 4               |         |      |          |       |          |       |          |       |  |
| Bench Press                                              | 3/0/Exp | 1:00  | 70 x8      |       | 70 x6      |         | 70 x4      |         | Incline             | 3/0/Exp | 1:00 | 24 x8    |       | 25 AMRAP |       | 25 AMRAP |       |  |
|                                                          |         |       | 70 x8      |       | 80 x max   |         | 85 xmax    |         |                     |         |      | 24 x8    |       | 25 AMRAP |       | 26 AMRAP |       |  |
|                                                          |         |       |            |       | 75 x6      |         | 80 x4      |         |                     | Weston  |      |          |       |          |       |          |       |  |
| Stretch-Band Lat x8                                      |         |       |            |       |            |         |            |         | Stretch-Band Lat x8 |         |      |          |       |          |       |          |       |  |
| Core - Pressout                                          |         |       | 2 x10      |       | 2 x12      |         | 2 x14      |         | Core -Pressout      |         |      | 2 x10    |       | 2 x12    |       | 2 x14    |       |  |
| Kneeling Alt                                             | 2/0/Exp | 1:00  | x8-12      |       | x8         |         | x8         |         | Pushup              | 2/0/Exp | 1:00 | xmax     |       | xmax     |       | xmax     |       |  |
| DB Press                                                 |         |       | x8-12      |       | x8         |         | x8         |         |                     |         |      | xmax     |       | xmax     |       | xmax     |       |  |
|                                                          |         |       |            |       | x8         |         | x8         |         |                     |         |      |          |       |          |       |          |       |  |
| Stretch- Yoga Table                                      |         |       |            |       |            |         |            |         | Stretch-Yoga Table  |         |      |          |       |          |       |          |       |  |
| Core - SL Situp                                          |         |       |            | x10x2 |            | x12x2   |            | x14x2   | Core - SL Situp     |         |      |          | x10x2 |          | x12x2 |          | x14x2 |  |
| External Rotation                                        | 2/0/Exp | 1:00  |            | x8    |            | x10     |            | x12     | External Rotation   | 2/0/Exp | 1:00 | x8       |       | x10      |       | x12      |       |  |
|                                                          |         |       |            | x8    |            | x10     |            | x12     |                     |         |      | x8       |       | x10      |       | x12      |       |  |
| Hammer Curl                                              |         |       |            | x8    |            | x10     |            | x12     | DB Curl             |         |      | x8       |       | x10      |       | x10      |       |  |
|                                                          |         |       |            | x8    |            | x10     |            | x12     |                     |         |      | x8       |       | x10      |       | x10      |       |  |
| Tall Kneeling                                            |         |       |            | x10   |            | x10     |            | x12     | Tall Kneeling       |         |      | x8       |       | x8       |       | x8       |       |  |
| Alt Push Pull                                            |         |       |            | x10   |            | x10     |            | x12     | Anti-Rotation Press |         |      | x8       |       | x8       |       | x8       |       |  |