

Mike Boyle Strength and Conditioning Summer Phase 2																			
	Bench	Squat	Clean	BW	Pullup	Incline	Close Grip												
Weston	300	340	300	200	20														
Day 1	340	315	WK1	Reps	WK2	Reps	WK3	Reps	Day 3	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		
KB Swing	Exp	4 min		x10		x10		x10	Clean or	Exp	4 min	225	x5	225	x5	225	x5		
				x10		x10		x10	KB Swing			233	x5	240	x5	255	x5		
Stretch- Stationary Spiderman x10 w/ 2 sec h				x10		x10		x10	Stretch- Stationary Spiderman x10 w/ 2 sec h				233	x5	240	x5		x5	
									In week 3 increase for set 3 if set 2 is easy										
Convertaball Twist				2 x12		2 x14		2 x16	Convertaball Twists				x12		x14		x16		
Pullup		1:00	BW	x5	BW	x8	BW	x5	1 Leg Squat	2/0/Exp	1:00	68	x10	68	x10	68	x10		
				20 x5		25 x8		30 xmax	or RFE 1 Leg				68	x10	77	x10	85	x10	
				15 x5		20 x8		30 xmax					68	x10	68	x10	77	x10	
Front		1:00		x5		x5		x5	Rot Inv Row		1:00		x10		x10		x10		
Box Squat				x5		x5		264 x5					x10		x10		x10		
12"box or				x5		x5		x5					x10		x10		x10		
1 Leg Squat																			
Stretch -Straight Arm Chest-x8										Stretch- Chest (hands behind head) x8									
Feet Elevated Side Plank			2x	30 sec	2x	40 sec	2x	50 sec	Feet Elevated Side Plank			2x	30 sec	2x	40 sec	2x	50 sec		
Circuit									Circuit										
DB Row		1:00		x5		x5		x5	X Pulldown	2/0/2	1:00		x10		x10		x10		
				x5		x5		x5					x10		x10		x10		
1 Leg SLDL		1:00	60	x5	68	x5	75	x10	Slideboard				x10		x10		x10		
				x5		x5		x10	Lunge	2/0/Exp	1:00		x10		x10		x10		
Face Pull				x10		x10		x10	Ball Leg				x8		x10		x12		
				x10		x10		x10	Curl				x8		x10		x12		
Stretch-Stability Ball IR x8										Stretch-Stability Ball IR x8									
Standing Lift				x8		x8		x8	Standing				x8		x8		x8		
				x8		x8		x8	Chop				x8		x8		x8		
Day 2									Day 4										
Bench Press	3/0/Exp	1:00	225	x5	225	x5	225	xmax	Close Grip	3/0/Exp	1:00	180	AMRAP	188	AMRAP	195	AMRAP		
			255	x5	263	x5	270	xmax	Chain Bench Press			180	AMRAP	180	AMRAP	180	AMRAP		
			248	x5	255	x5	255	xmax	(60 lbs./ pair)										
Stretch-Band Lat x8										Stretch-Band Lat x8									
Core - Wheel Rollout				2 x12		2 x14		2 x16	Core -Wheel Rollout				2 x12		2 x14		2 x16		
Standing Squat	2/0/Exp	1:00	53	x5	60	x5	68	x5	Full Can/	2/0/Exp	1:00		x10+10		x10+10		x10+10		
Curl + Press				x5		x5		x5	Front Raise Combo				x10+10		x10+10		x10+10		
				x5		x5		x5											
Stretch-Wall Slides x10-12-14										Stretch-Wall Slides x10-12-14									
Core - SL Situp Progression										Core - SL Situp Progression									
Standing Hip Flexion				x10x2		x12x2		x14x2	Standing Hip Flexion						x10		x12	x14	
1/2 Kneel	2/0/Exp	1:00	BW	x8		x10		x12	1/2 Kneel	2/0/Exp	1:00	BW	x8		x10		x12		
Shoulder Circuit			BW	x8		x10		x12	Shoulder Circuit			BW	x8		x10		x12		
Triset w/									Triset w/										
Pilates Ring Add			3x	10 sec	4x	10 sec	5x	10 sec	Pilates Ring Add			3x	10 sec	4x	10 sec	5x	10 sec		
Standing				x10		x10		x10	Anti-Rotary Press				x8		x8		x8		
Alt Push Pull				x10		x10		x10					x8		x8		x8		

