

Matt Williams

BY WILL ATHLETICS

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**IN-SEASON STRENGTH AND
CONDITIONING**

- Know Your Audience
- KEEP BUILDING
- Work Backwards
- Program for the Engine not the Ape!
- Stability!!!
- 40 Minutes or Less
- Keep it Simple

| B. O'Keefe | 55% | 55% | 65% | 65% | 70% | 60% | 70% | 75% | 80% | 85% | 65% |
|---|------------|------------|------|------|------|-----|-----|------|-----|------|------|
| TBDL: 365LBS | wk1 | wk2 | wk3 | wk4 | wk5 | wk6 | wk7 | wk8 | wk9 | wk10 | wk11 |
| | 2/26 | 3/4 | 3/11 | 3/18 | 3/23 | ? | 4/1 | 4/13 | | | |
| Scorpion 2x6e/ Rope Circle 2x20/ Calf Raise toes in 2x15 | | | | | | | | | | | |
| TBDL PULL 6x2/ BB Split Squat 3x10e | 205/ 95 | 205/ 95 | | | | | | | | | |
| TRX Inverted Row/ S. Arm DB Bench 3x 10e | | | | | | | | | | | |
| SL Scaption 2x6e/LM Split OH Press 3x6e | | | | | | | | | | | |
| TRX Y Fly 2x10/Bird dog 2x10e/SL Bridge 2x15e | | | | | | | | | | | |


