

Written by Moez Aryan

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Speaker, writer, coach and consultant, Michael Boyle, one of the most popular contributors to the field of performance enhancement training. He has been involved in training and rehabilitation of a wide range of athletes in every major collegiate and professional sport, including the US Women's Olympic teams in soccer and ice hockey. Mike's work has been featured in the media on HBO RealSport, ESPN, CNNSI, as well as in Sports Illustrated and USA today. Mike Boyle Strength & Conditioning has been voted as the #1 gym in America by Men's Health.

Pleasure to have you with us Mike! I have been following your work for as long as I have been in this field. You have been coaching for probably as much as I have lived. What do you think makes one person a winner in life and/or in the gym and the other not so much of a winner? What's the strongest driving force in successful people in your opinion?
It sounds corny but it really is attitude. You get to choose how you want to think and behave every day. I like to say that success is easy and hard at the same time. The formula is easy. Get up early, stay late, read, listen.

What's your 'first' advice to someone who wants to lose weight?

Drop grains out of the diet. You can get all the carbs you need with no grain.



You have explained mobility work, stretching and warming up thoroughly in your book "Advances in Functional Training" which is a revelation to coaches around the world. For our audience who haven't read your book yet and weight train, would explain why we often don't do static stretching prior to intense workouts?

Static stretching has been shown to decrease power and I think that has scared lots of people away. The reality is that everyone should static stretch but, then warm-up after they stretch.

You have stated in your book "Cold muscles may actually undergo some plastic deformation and increase in length". Does this mean static stretches aren't much of use after exercise either since muscles are pretty warmed up after exercise and if stretched will return back to their original position?

I would say yes. I have clients who like to stretch post workout. I don't stop them if it makes them feel better but I don't require it.



In your opinion, how sport specific one should be in the weight room? Or should one just focus on getting as strong and fast as they can get in the gym with the basics of

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weight training and play their sports to make the strength and conditioning gains carry over to the sport?

It depends on your definition of sports specific. I think we need lots of unilateral training to properly address the muscles but I also think that trying to mimic specific skills in the weightroom under load is a waste of time. So should we just do squats and deadlifts and then hope we get better? No. On the opposite side trying to mimic something like the tennis swing in the weight room is just as foolish.



What are the top two mistake 'trainers' make when designing programs?

If you say trainers? Probably getting too fancy. We need a push, a pull, a leg and a core exercise. It's pretty simple. Trainers often don't have a real philosophy. Instead they move from fad workout to fad workout based on what they read in a magazine.

What are the top two mistakes 'trainees' make when beginning an exercise regimen?

Trainees spend too much time on what they see in a mirror (pecs and arms) and do way too much low intensity cardiovascular work.



"Core" has become the most confusing word in the fitness industry. The moment you speak of the core people start to think 'abs'. It's more so when someone has back pain. They won't stop training their rectus abdominis cause their physical therapist told them "your core is weak, draw-in when lifting, get your core strong". Like the anti-extension/anti-rotation and stability hype to core training these days in the West, it's still crunching over-reaction to core training here in the east. Can you clarify the word "Core Training" for our audience?

Not in a short interview like this. In short, core training should be more about the prevention of movement than movement itself. The muscles of the core should prevent extension, lateral flexion and rotation. Rotation should come from the hips, not the low back. In short, don't crunch and don't rotate. Flexion and rotation are the enemies of the spine.

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