



3 FUNCTIONAL FITNESS PROGRAMS FOR INTERMEDIATE ATHLETES

NEVER STOP EVOLVING

PROGRAM 1: STRENGTH & POWER FOCUS

This program emphasizes building strength and power through compound movements and explosive exercises.

DAY 1: LOWER BODY

	SETS	REPS/DURATION	NOTES
Squats	3	8-12	Add weight
Romanian Deadlifts	3	6-10	Dumbbells or barbell
Box Jumps	3	5-8	Adjust box height
Lateral Lunges	3	10-15 per leg	
Glute Bridges	3	15-20	Can add weight

DAY 2: UPPER BODY

	SETS	REPS/DURATION	NOTES
Pull-ups	3	AMRAP	As Many Reps As Possible
Push-ups	3	AMRAP	Variations: Diamond, Incline, etc.
Dumbbell Rows	3	8-12 per arm	
Overhead Press	3	6-10	Dumbbells or barbell
Dips	3	AMRAP	Assisted dips if needed

DAY 3: METABOLIC CONDITIONING

	SETS/ ROUNDS	REPS/DURATION	NOTES
Jump Rope	3 Rounds	5 minutes	30 seconds rest
Burpees	3 Rounds	20 reps	30 seconds rest
Sled Pushes	3 Sets	20 meters	30 seconds rest
Medicine Ball Slams	3 Sets	15 reps	30 seconds rest
Mountain Climbers	3 Sets	30 sec per leg	15 seconds rest

PROGRAM 2: ENDURANCE & AGILITY FOCUS

This program focuses on improving cardiovascular endurance and agility through various bodyweight and weighted exercises.

DAY 1: ENDURANCE CIRCUIT

	SETS	REPS/DURATION	NOTES
Jumping Jacks	3	1 minute	
High Knees	3	30 sec per leg	
Butt Kicks	3	30 sec per leg	
Shuttle Runs	3	20 meters	20 seconds rest
Burpees	3	15 reps	30 sec rest (modified if needed)

DAY 2: AGILITY LADDER

	SETS	REPS/DURATION	NOTES
Carioca	3	30 sec each direction	
Lateral Shuffles	3	30 sec each direction	
High Knees	3	30 seconds	Over ladder rungs
Lateral Jumps	3	20 reps	Over ladder rungs
In & Out	3	30 seconds	

DAY 3: LONG RUN

Complete a 30-45 minute steady-state run at a comfortable pace.

PROGRAM 3: MOBILITY & BALANCE FOCUS

This program emphasizes improving mobility and balance through yoga-inspired movements and core work.

DAY 1: MOBILITY FLOW

	SETS	REPS/DURATION	NOTES
Cat-Cow	3	10 breaths	
Downward-Facing Dog	3	30 seconds hold	
Pigeon Pose	3	30 sec hold per side	
Warrior II	3	30 sec hold per side	
Child's Pose	3	30 seconds hold	

DAY 2: BALANCE & CORE

	SETS	REPS/DURATION	NOTES
Single-Leg Stance	3	30 sec per leg	
Plank	3	30-60 sec hold	
Side Plank	3	30 sec per side	
Bird-Dog	3	10 per side	
Dead Bug	3	15 reps	

DAY 3: YOGA OR PILATES CLASS

Attend a local yoga or Pilates class focusing on mobility and core work.

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.