



THREE DAY FOOTBALL STRENGTH TRAINING PROGRAM

FOUNDATIONAL STRENGTH, HYPERTROPHY & CORE STABILITY

This structured 3-day workout program is designed for football players to build foundational strength, power, and durability across the lower body, upper body, and core.

DAY 1: LOWER BODY STRENGTH

EXERCISE	SETS & REPS
Squats	3 sets of 8-12 repetitions
Deadlifts	3 sets of 5-8 repetitions
Leg Press	3 sets of 10-12 repetitions
Leg Extensions	3 sets of 10-12 repetitions
Hamstring Curls	3 sets of 10-12 repetitions
Calf Raises	3 sets of 15-20 repetitions

DAY 2: UPPER BODY STRENGTH

EXERCISE	SETS & REPS
Bench Press	3 sets of 8-12 repetitions
Overhead Press	3 sets of 8-12 repetitions
Pull-Ups	3 sets of as many repetitions as possible
Rows	3 sets of 8-12 repetitions
Bicep Curls	3 sets of 10-12 repetitions
Tricep Extensions	3 sets of 10-12 repetitions

DAY 3: CORE STABILITY & STRENGTH

EXERCISE	SETS & REPS
Plank	3 sets of 1 minute
Sit-Ups	3 sets of 20 repetitions
Crunches	3 sets of 20 repetitions
Russian Twists	3 sets of 15 repetitions
Bird Dogs	3 sets of 15 repetitions on each side

PROGRAM GUIDELINES

- **Warm-Up:** Always start with 10-15 minutes of dynamic stretching and light cardio.
- **Cool-Down:** Finish with static stretching and foam rolling to enhance recovery.
- **Progression:** Gradually increase resistance or intensity as strength improves while maintaining strict form.

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