

INVICTUS

SPORTS PERFORMANCE AND FITNESS

12 Week Power/Strength Building Program

Weeks 1-4

* Exercise	Sets	Reps	Percent of 1RM
Squat	3	5	80%
Bench Press	3	5	80%
Deadlift	1	5	80%
Overhead Press	3	5	80%
Pull-Ups	3	AMRAP	80%

Weeks 5-8

* Exercise	Sets	Reps	Percent of 1RM
Squat	3	3-5	85%
Bench Press	3	3-5	85%
Deadlift	1	3-5	85%
Overhead Press	3	3-5	85%
Pull-Ups	3	AMRAP	85%

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Weeks 9-12

* Exercise	Sets	Reps	Percent of 1RM
Squat	3	1-3	90%
Bench Press	3	1-3	90%
Deadlift	1	1-3	90%
Overhead Press	3	1-3	90%
Pull-Ups	3	AMRAP	90%

Progression

- Increase the weight by 5-10 pounds each week for the squat, bench press, and deadlift.
- Increase the number of reps by 1-2 each week for the overhead press and pull-ups.
- If you can no longer complete the prescribed number of reps or sets with the current weight, deload by 10% and then continue progressing.

Benefits of this program

- This program will help you build muscle and strength.
- It will also improve your power output.
- The progressive overload will help you continue to make progress over time.