



FOUR DAY MUSCLE HYPERTROPHY PROGRAM

INVICTUS SPORTS PERFORMANCE & FITNESS

Built for results. Designed for the unconquered.

This program is structured to maximize muscle growth through strategic volume, progressive overload, and optimal recovery. Train 4 days per week, focus on form, and push each set close to failure while maintaining control.

PROGRAM GUIDELINES

- **Frequency:** 4 days on / 3 days off (e.g., Mon/Tue/Thu/Fri) • **Rest Between Sets:** 60-90 sec for hypertrophy, 2-3 min for compounds
- **Tempo:** 2 sec down, 1 sec pause, 1 sec up • **Progression:** When you hit the top of the rep range on all sets, increase weight by 2.5-5%
- **Warm-up:** 5-10 min general + 1-2 light ramp sets on first exercise of each day

DAY 1: CHEST & TRICEPS — PUSH POWER

EXERCISE	SETS x REPS	NOTES
Bench Press	3 x 8-12	Primary compound. Retract scapula, slight arch.
Incline Dumbbell Press	3 x 10-12	30-45° incline. Stretch at bottom.
Decline Dumbbell Press	3 x 10-12	Focus on lower chest squeeze.
Triceps Pushdowns	3 x 10-12	Elbows tucked. Full extension.

Overhead Triceps Extension	3 x 10-12	Dumbbell or cable. Stretch overhead.
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DAY 2: BACK & BICEPS — PULL STRENGTH

EXERCISE	SETS x REPS	NOTES
Pull-Ups	3 x Failure	Wide or neutral grip. Add weight when >12.
Barbell Rows	3 x 8-12	Hinge at hips, neutral spine.
Seated Cable Rows	3 x 10-12	Chest tall, drive elbows to ribs.
Bicep Curls	3 x 10-12	Barbell or dumbbell. No swinging.
Hammer Curls	3 x 10-12	Neutral grip for brachialis development.

DAY 3: LEGS — FOUNDATION

EXERCISE	SETS x REPS	NOTES
Back Squats	3 x 8-12	Depth to parallel+. Brace core.
Deadlifts	1 x 5	Conventional. Heavy, perfect form. Not to failure.
Leg Press	3 x 10-12	Feet shoulder-width. Control eccentric.
Hamstring Curls	3 x 10-12	Lying or seated. Pause at contraction.
Standing Calf Raises	3 x 15-20	Full stretch + peak contraction 1 sec.

DAY 4: SHOULDERS & CORE — STABILITY

EXERCISE	SETS x REPS	NOTES
Overhead Press	3 x 8-12	Barbell or dumbbell. No back arch.
Lateral Raises	3 x 10-12	Slight bend in elbows, lead with elbows.
Front Raises	3 x 10-12	Dumbbell or plate. Control on way down.
Plank	3 x 30-60 sec	Glutes tight, neutral spine. Add weight as needed.
Crunches	3 x 15-20	Slow, controlled. Exhale at top.
Leg Raises	3 x 15-20	Hanging or lying. No momentum.

COACHING NOTES FROM INVICTUS

- **Log your lifts:** Track weight, reps, and RPE each session. If you did 12,12,12 last week — it's time to go heavier.
- **Nutrition:** Aim for 0.8-1g protein per lb bodyweight and a slight caloric surplus for hypertrophy.
- **Recovery:** 7-9 hours of sleep, hydration, and 1-2 rest/mobility days.
- **Form > Ego:** We build unconquered athletes, not injured ones. If form breaks, lower the weight.
- **Questions?** Bring this sheet to your next session at INVICTUS — we'll dial it in for your goals.



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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.