



# 5-DAY PPL / UPPER-LOWER HYBRID

## DAILY UNDULATING PERIODIZATION PROGRAM

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### Smart Volume. Heavy When Fresh. Pump When Fatigued.

Because five consecutive days of lifting accumulates significant CNS fatigue, this program uses **Daily Undulating Periodization (DUP)**. The front of the week (Mon–Wed) focuses on **mechanical tension and heavier loads (RPE 7.5–8.5)**, while Thu–Fri shift toward **metabolic stress and hypertrophy (RPE 8–9)** using variations that reduce axial loading on the spine.

**STRUCTURE:** Mon Push (Strength) | Tue Pull (Strength) | Wed Legs (Quad Focus) | Thu Upper (Hypertrophy/Pump) | Fri Lower (Hinge/Hamstring Focus) | Sat-Sun Rest/Active Recovery

### PROGRAM GUIDELINES — DUP PRINCIPLES

- **RPE Guide:** Mon-Wed 7.5-8.5 (1-2 reps in reserve) | Thu-Fri 8-9 (0-1 RIR, intense pump)
- **Rest:** Compounds 3-4 min, Accessories 90 sec-2 min — respect it, heavy days need full CNS recovery
- **Progression:** When you hit top of rep range on all sets, add 2.5-5% load next week
- **CNS Management:** Chest-supported rows Tuesday save low back for Wednesday squats | RDL Friday avoids crushing CNS after squats

### MONDAY: PUSH — STRENGTH / TENSION FOCUS

Goal is heavy mechanical tension on pressing musculature when CNS is completely fresh from weekend.

| EXERCISE               | SETS | REPS  | REST    | FOCUS / CUE                                |
|------------------------|------|-------|---------|--------------------------------------------|
| Barbell Bench Press    | 4    | 4-6   | 3 min   | Explosive concentric, controlled eccentric |
| Standing Barbell OHP   | 3    | 6-8   | 2-3 min | Core braced, full lockout                  |
| Incline Dumbbell Press | 3    | 8-10  | 2 min   | Deep stretch at bottom                     |
| Triceps Rope Pushdown  | 3    | 10-12 | 90 sec  | Constant tension, isolate triceps          |
| Cable Lateral Raises   | 3    | 12-15 | 90 sec  | Pull from wrists, avoid momentum           |

## TUESDAY: PULL — STRENGTH / TENSION FOCUS

Prioritize heavy vertical and horizontal pulling. Chest-supported variations late save lower back for Wednesday squats.

| EXERCISE                            | SETS | REPS  | REST   | FOCUS / CUE                           |
|-------------------------------------|------|-------|--------|---------------------------------------|
| Weighted Pull-Ups (or Lat Pulldown) | 4    | 6-8   | 3 min  | Full dead-hang to chin over bar       |
| Barbell Row (or Pendlay Row)        | 4    | 6-8   | 3 min  | Hinge strictly, pull to lower sternum |
| Chest-Supported DB Row              | 3    | 10-12 | 2 min  | Squeeze shoulder blades together      |
| Face Pulls                          | 3    | 12-15 | 90 sec | External rotation at peak contraction |
| Barbell Bicep Curls                 | 3    | 8-10  | 90 sec | Strict form, no hip swing             |

## WEDNESDAY: LEGS — QUAD FOCUS (MOST NEUROLOGICALLY DEMANDING DAY)

Focus on squat patterns and heavy quad engagement. This is your hardest day — fuel and sleep matter.

| EXERCISE                  | SETS | REPS  | REST    | FOCUS / CUE                     |
|---------------------------|------|-------|---------|---------------------------------|
| Barbell Back Squat        | 4    | 4-6   | 3-4 min | Depth and stability             |
| Leg Press (or Hack Squat) | 3    | 8-10  | 2-3 min | Continuous movement, no lockout |
| Leg Extensions            | 3    | 12-15 | 90 sec  | 1-second pause at top           |
| Seated Leg Curls          | 3    | 10-12 | 90 sec  | Control the eccentric           |
| Standing Calf Raises      | 4    | 10-12 | 90 sec  | Deep stretch, pause at bottom   |

## THURSDAY: UPPER — HYPERTROPHY / PUMP

Upper body was heavily taxed Mon/Tue. Shift to dumbbells, cables, machines to stimulate tissue without systemic stabilization fatigue.

| EXERCISE                       | SETS | REPS  | REST   | FOCUS / CUE                       |
|--------------------------------|------|-------|--------|-----------------------------------|
| Incline Machine Press (or DBs) | 3    | 10-12 | 2 min  | Mind-muscle connection            |
| Seated Cable Row               | 3    | 10-12 | 2 min  | Stretch lats forward on eccentric |
| Pec Deck (or Cable Crossovers) | 3    | 12-15 | 90 sec | Big sweep, squeeze at center      |
| Straight-Arm Lat Pulldown      | 3    | 12-15 | 90 sec | Isolate lats, arms slightly bent  |
| DB Lateral Raise               | 3    | 12-15 | 90 sec | Constant tension                  |
| Overhead Triceps Extension     | 3    | 12-15 | 90 sec | Bias long head of triceps         |
| DB Hammer Curls                | 3    | 10-12 | 90 sec | Target brachialis                 |

## FRIDAY: LOWER — HINGE / HAMSTRING FOCUS

Backing heavy squats with heavy deadlifts 48 hours later crushes CNS. Focus on RDL to target posterior chain + unilateral work to fix imbalances.

| EXERCISE                | SETS | REPS      | REST   | FOCUS / CUE                               |
|-------------------------|------|-----------|--------|-------------------------------------------|
| Romanian Deadlift (RDL) | 4    | 6-8       | 3 min  | Hinge at hips, soft knees                 |
| Bulgarian Split Squats  | 3    | 8-10/leg  | 2 min  | Torso slightly forward to bias glutes     |
| Lying Leg Curls         | 3    | 12-15     | 90 sec | Keep hips pressed into pad                |
| Walking Lunges          | 3    | 10-12/leg | 90 sec | Smooth strides, light trailing knee touch |
| Seated Calf Raises      | 3    | 15-20     | 90 sec | Target soleus muscle                      |

## COACHING NOTES FROM INVICTUS

- **Why DUP Works:** Heavy early week = mechanical tension → strength + myofibrillar hypertrophy. Light late week = metabolic stress → sarcoplasmic hypertrophy + pump + joint-friendly volume.
- **RPE Management:** Mon-Wed stop 1-2 reps shy of failure to protect CNS. Thu-Fri push closer (0-1 RIR) since load is lighter.
- **Weekend = Growth:** Sat/Sun active recovery — walk, mobility, 7-9 hrs sleep, 0.8-1g protein/lb. This 5-day split only works if you recover.
- **Progression:** If you hit top of range on all sets (e.g., 6,6,6,6 on bench at 225), add 5 lbs next week. Small jumps win long term.
- **For You:** This hybrid is ideal for intermediate lifters who want strength + size without 6 days in gym. Bring sheet to INVICTUS and we'll set RPE together.



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Educational purposes only. Consult physician before beginning. Advanced program — not for beginners. Stop if sharp pain occurs.