



THE SPARTAN LEAN MUSCLE TRAINING SCHEDULE

NEVER STOP EVOLVING

Monday:	Full-Body Strength
Tuesday:	Upper-Body HIIT
Wednesday:	Full Rest Day
Thursday:	Lower-Body HIIT
Friday:	Full-Body HIIT
Saturday:	Active Recovery
Sunday:	Full Rest Day

MONDAY: STRENGTH (FULL BODY)

60 seconds rest between exercises

SETS / REPS	
SUPERSET (3 TIMES)	
1A. Bodyweight Squat	20 Reps
1B. Push-Ups	10 Reps
1C. Sit-Ups	12 Reps
2. Dumbbell Bench Press	4 Sets of 6
3. Dumbbell Squats	4 Sets of 8
4. Standing Military Press	4 Sets of 10
5. Dumbbell Deadlift	4 Sets of 6-8
SUPERSET (3 TIMES)	
6A. Jumping Split Squats	20 Reps (10 per leg)

	SETS / REPS
6B. Elbow Plank	30 Seconds
6C. Jack Knife Crunch	10 Reps

TUESDAY: HIGH INTENSITY UPPER BODY

60 seconds rest between exercises

	SETS / REPS
1-Mile Jog	Warm-up
SUPERSET (3 TIMES)	
1A. Incline Dumbbell Chest Fly	10 Reps
1B. Incline Hex Press (Dumbbells together)	10 Reps
2. Burpee	7 Sets of 8
SUPERSET (3 TIMES)	
3A. Single Arm Dumbbell Row	10 Reps per side
3B. Dumbbell Shrugs	15 Reps
SUPERSET (3 TIMES)	
4A. Hammer Curls	12 Reps
4B. Tricep Kickback	10 Reps per side
5. Mountain Climbers	4 Sets of 30 Seconds

WEDNESDAY: FULL REST DAY

THURSDAY: HIGH-INTENSITY LOWER BODY

60 seconds rest between exercises

	SETS / REPS
1-Mile Jog	Warm-up
SUPERSET (3 TIMES)	
1A. Dumbbell Goblet Squat	15 Reps
1B. Dumbbell Romanian Deadlift	12 Reps
2. Walking Lunges	5 Sets of 20 (10 per leg)
SUPERSET (3 TIMES)	

SETS / REPS	
3A. Glute Bridge	12 Reps
3B. Alternating Heel Touchers	20 Reps
3C. Bicycle Crunches	30 Reps (15 per side)
SUPERSET (3 TIMES)	
4A. Jump Squats	10 Reps
4B. Side Elbow Plank	30 Seconds (per side)

FRIDAY: HIIT TRAINING AND CORE

Complete 3 rounds of the following:

REPS	
Burpees	10
Bodyweight Squats	10
Push-Ups (on knees if needed)	10
Tuck Ups	10
Side Plank Rotations	10

SATURDAY: ACTIVE REST DAY

Go for a 20-minute casual walk to promote recovery and blood flow.

SUNDAY: FULL REST DAY

UNCONQUERED. UNBREAKABLE. INVICTUS.

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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.