



T-3 VANGUARD

(TACTICAL HYBRID PROGRAM)

This program consolidates your training into three high-impact days, perfect for accommodating a demanding schedule while hitting all major energy systems.

DAY 1: MAX STRENGTH & POWER

Focuses on heavy compound movements to build raw force production and central nervous system (CNS) recruitment.

	SETS	REPS	REST
Barbell Back Squat	5	3-5	120s
Alternating DB Snatches	4	8/arm	90s
Weighted Pull-ups	4	6-8	90s
Heavy Sandbag Bear Hug Carry	4	50m	90s

DAY 2: TACTICAL CONDITIONING (THE GRIND)

Designed to push lactic threshold and cardiovascular limits using high-output functional movements.

	SETS	REPS	REST
Devil Presses (Moderate DBs)	5	10	60s
Strict Overhead Barbell Press	4	6-8	90s
Renegade Rows	3	10/arm	60s
AirBike or Row Sprint	6	30s max effort	90s

DAY 3: COMBAT CHASSIS & LOAD CARRIAGE

Builds structural integrity under load. Keep a steady pace on the ruck; this is about time-under-tension and aerobic base.

	SETS	REPS	REST
Ruck March (45lb+ pack)	1	3-5 miles	Steady
Ruck Walking Lunges	3	15/leg	60s
Heavy Farmer's Walk	4	40m	90s
Hanging Leg Raises	3	15	60s

UNCONQUERED. UNBREAKABLE. INVICTUS.

invictussports.org | [@invictus_unconquered](#)

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.