

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Three Day Tactical Fitness Program

True tactical fitness is about survivability, work capacity, and chassis integrity. It strips away aesthetic goals and focuses strictly on "math over marketing"—applying the precise physiological stress required to move heavy loads, manage body weight under fatigue, and maintain functional longevity for the long haul.

Day 1: Chassis Integrity & Heavy Armor (Strength Focus)

Primary Goal: Maximum force production and core stabilization under heavy loads.

Clinical Focus: A tactical athlete must be able to deadlift safely and carry heavy equipment without compromising the spine. This day focuses on anti-rotation, grip strength, and sheer kinetic power.

Exercise	Sets	Reps	Rest	Execution Notes
Trap Bar Deadlift	4	3-5	3 min	The trap bar mimics picking up heavy equipment naturally. Drive through the floor; keep the spine neutral.
Weighted Push-Ups	4	8-10	2 min	Use a weight vest or plate on the back. Keep the core locked in a hollow-body position.
Heavy Suitcase Carries	3	40 yds/side	90 sec	Hold a heavy kettlebell or dumbbell in <i>one</i> hand. Fight the lateral flexion; keep the shoulders square.
Goblet Squats	3	10-12	90 sec	Keep the weight pinned to the chest. This forces thoracic extension and anterior core engagement.
Hanging Leg Raises	3	10-15	60 sec	Strict movement. Don't use momentum; pull the pelvis up toward the ribs.

Day 2: The Operator (Bodyweight Mastery & Work Capacity)

Primary Goal: Relative strength and aerobic threshold.

Clinical Focus: This day trains the exact energy systems and local muscular endurance needed to thrive in high-rep bodyweight challenges like Murph. It pairs vertical pulling with metabolic conditioning.

Exercise	Sets	Reps	Rest	Execution Notes
Tactical Pull-Ups	4	AMRAP (-1)*	2 min	Strict, dead-hang to chest-to-bar. *Stop 1 rep short of failure to avoid neurological burnout.
Barbell Push Press	4	6-8	2 min	Transfer power from the floor to overhead. Dip and drive efficiently.

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Exercise	Sets	Reps	Rest	Execution Notes
Walking Lunges	3	20 steps	90 sec	Can be loaded with a vest or bodyweight. Touch the trailing knee softly to the ground.
Inverted Bodyweight Rows	3	12-15	90 sec	Set up on a barbell or TRX. Squeeze the shoulder blades hard at the top.
Metabolic Finisher: 400m Repeats	4	400m Run	1:1 Work/Rest	Run 400m at a hard pace. Rest exactly as long as the run took, then repeat.

Day 3: Mission Readiness (Unconventional Load & Power)

Primary Goal: Multi-planar power, hip explosiveness, and mobility.

Clinical Focus: Tactical environments are rarely perfectly symmetrical. This session introduces sandbags and kettlebells to force the stabilizing muscles to work overtime, building joint resilience and injury resistance.

Exercise	Sets	Reps	Rest	Execution Notes
Sandbag Over-the-Shoulder	4	4-6/side	2 min	Hinge down, grip the bag deep, explode up, and drive the bag over one shoulder. Alternate sides.
Heavy Kettlebell Swings	4	15-20	90 sec	Pure hip hinge. The arms are just ropes; the power comes entirely from the glutes and hamstrings.
Turkish Get-Ups	3	3/side	2 min	The ultimate shoulder prehab and total-body coordination movement. Keep eyes on the bell the entire time.
Renegade Rows	3	8-10/side	90 sec	Push-up position on dumbbells. Row one DB up while fighting the urge to rotate the hips.
Ruck March / Loaded Carry	1	30-40 min	None	Load a backpack with 30-40 lbs. Walk at a brisk pace (15-minute mile). Build aerobic base and foot strength.

Implementation Note:

When utilizing this plan, the Days should not be done consecutively. An ideal schedule is **Monday (Day 1)**, **Wednesday (Day 2)**, and **Friday or Saturday (Day 3)**. This allows for adequate central nervous system recovery between the heavy structural loading on Day 1 and the high-impact metabolic work later in the week.