INVICTUS
SPORTS PERFORMANCE & FITNESS

AFTERBURN: WHOLE BODY CONDITIONING

NEVER STOP EVOLVING

This is a 7-day routine for general fitness, suitable for anyone, including females who have never lifted a weight before. It is highly practical for those not wishing to go to a gym, as all exercises can be performed at home with a few pieces of equipment based around your own level of strength.

> **THE PLAN:** Day 1: Routine A | Day 2: Cardio (45 min) | Day 3: Routine B | Day 4: Cardio (45 min) | Day 5: Routine C | Day 6: Cardio (45 min) | Day 7: Rest
>
> *Start the plan on the best day to suit your schedule (e.g., place Day 7 on a Sunday). If you miss a day, just pass over it and continue the normal cycle. Cycle the routine for 8 weeks and then take a week of rest.*

REQUIREMENTS: An adjustable set of dumbbells, an exercise step, and a stability ball (use this for exercises that require a flat bench).

DAY 1: WORKOUT A

	SETS	REPS
Dumbbell Squat	3	20
Dumbbell Bench Press	3	20
Dumbbell Lateral Raise	3	15
Dumbbell Hammer Curl	3	20
Two Arm Dumbbell Overhead Tricep Extension	3	20
Standing Calf Raise	2	30
Ab Crunches	3	20

DAY 3: WORKOUT B

	SETS	REPS
Flat Bench Dumbbell Flye	3	20
One Arm Dumbbell Row	3	20
Dumbbell Shoulder Press	3	20
Dumbbell Bicep Curl	3	20
Tricep Kickback	3	15
Lying Abduction (dumbbells/bands)*	3	20
Seated Calf Raise**	2	30
Reverse/Lower Abs Crunch	3	20

** If bands are available for performing the leg abduction, this exercise can be done while standing upright by attaching the band around a sturdy object such as a stair railing.*
*** These have been placed in for those wishing to do seated calf raises if they have challenging weights; however, doing standing calf raises in all 3 sessions is perfectly fine.*

DAY 5: WORKOUT C

	SETS	REPS
Dumbbell Squat	3	20
Standing Calf Raise	2	30
Push Up**	2	15
Dumbbell Pullover	3	20
Dumbbell Reverse Flye	3	15
Bicep Concentration Curl	3	20
Lying Two Arm Dumbbell Tricep Extension	3	20
Obliques Curl	3	20

*** Half push-ups can be done until strength increases enough to complete full push-ups.*

PROGRAM GUIDELINES & CARDIO

- **Rest & Execution:** Where it says 3 sets of 20 reps, it means do 20 reps, rest 30 seconds, do another 20 reps, rest 30 seconds, do the last 20 reps. If you are unable to complete the reps required, choose a lighter weight, do as many as you can, or take brief 5-second pauses to reach the number.

- **Load Management:** You will need to use lighter weights for some muscle groups; the stronger the muscle, the higher the weight load.
- **Cardio Activity (Days 2, 4, 6):** If using an aerobic step, set it at a comfortable height. Step up right, step up left, step down right, step down left (always count the lead leg). Start with what you can manage and add 5 minutes per week until you reach 45 minutes. Increase the tempo to your favorite music.
- **Tracking:** Keep a journal so you can see the improvements yourself. Above all, remember to have fun and be consistent!

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.