

INVICTUS

SPORTS PERFORMANCE AND FITNESS

The 3-Day "Muscle Shield" Program

This is a full-body routine performed three times a week (e.g., Monday, Wednesday, Friday). This frequency ensures every muscle group is stimulated often enough to signal the body to keep it.

Day 1: Foundation & Force

Focus: Heavy compound movements to stimulate the central nervous system.

Exercise	Sets/Reps	Notes
Goblet Squats or Barbell Squats	3 Sets of 8–10	Sit deep; keep the chest up.
Push-Ups or Bench Press	3 Sets of 8–12	Focus on a controlled descent.
Single-Arm Dumbbell Rows	3 Sets of 10 (per side)	Pull toward your hip, not your shoulder.
Plank	3 Sets of 45–60 Sec	Keep the glutes squeezed tight.

Day 2: Posteriority & Pull

Focus: Strengthening the back and glutes, which are often the first to lose tone during rapid weight loss.

Exercise	Sets/Reps	Notes
Romanian Deadlifts (RDLs)	3 Sets of 10–12	Feel the stretch in the hamstrings; don't round your back.
Overhead Press (DB or Barbell)	3 Sets of 8–10	Keep your core braced to protect your spine.
Lat Pulldowns or Assisted Pull-ups	3 Sets of 10–12	Squeeze your shoulder blades together at the bottom.
Farmer's Carry	3 Sets of 40 Yards	Walk tall with heavy weights in each hand.

Day 3: Function & Stability

Focus: Unilateral movements to improve balance and core integration.

Exercise	Sets/Reps	Notes
Static Lunges or Step-Ups	3 Sets of 10 (per side)	Great for maintaining bone density in the hips.
Incline Dumbbell Press	3 Sets of 10–12	Targets the upper chest.
Seated Cable Rows	3 Sets of 12	Focus on the "stretch" in the lats.
Bird-Dog	3 Sets of 12 (alternating)	Focus on stability and slow movement.

Progressing the Program

Since your caloric intake might be low, don't expect to add weight to the bar every single week. Instead, focus on **technical proficiency** and **tempo**. If a weight feels easy, add a 3-second "negative" (lowering phase) to the movement. This increases time under tension, which is the "secret sauce" for keeping muscle while the scale drops.