INVICTUS
SPORTS PERFORMANCE & FITNESS

BODY WEIGHT STRENGTH TRAINING PROGRAM

NEVER STOP EVOLVING

This program requires no equipment and uses your own body weight to build strength. Follow the 3-day cycle and repeat.

DAY 1

	SETS	REPS
Squats	3	10-12
Push-ups	3	AMRAP (As many as possible)
Lunges	3	10-12 per leg
Plank	1	Hold for 1 min

DAY 2

	SETS	REPS
Pull-ups	3	AMRAP (As many as possible)
Dips	3	AMRAP (As many as possible)
Crunches	3	15-20
Bird dog	3	10-12 per side

DAY 3: REST & REPEAT

Rest to allow your muscles to recover, then repeat the cycle starting back at Day 1.

PROGRAM GUIDELINES & TIPS

- **Rest & Execution:** Perform each exercise with good form. Rest for 1-2 minutes between sets.
- **Consistency:** Be consistent with your workouts and you will see results.
- **Safety First:** It is important to listen to your body and not push yourself too hard. If you are feeling pain, stop the exercise immediately.
- **Additional Exercises:** You can add or substitute the following exercises to improve overall fitness and strength based on your individual goals: *Burpees, Jumping jacks, Mountain climbers, Plank jacks, Russian twists, Hanging leg raises, L-sits, Handstand push-ups*.

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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.