



KINETIC TRIPLE DROP

6-DAY HYPERTROPHY INTENSITY PROGRAM

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One Master Set = 30-45 Brutal Reps. No Rest Between Drops.

The Kinetic Triple Drop system is designed for maximum metabolic stress and muscle fiber recruitment. Each exercise is performed as a triple drop set — you start heavy, strip weight twice, and keep going without rest.

HOW IT WORKS: Start with ~80% of your normal 10RM. Example: If you curl 100 lbs for 10 reps normally, start your first segment with 80 lbs x 10 reps. Immediately drop 25% (to 60 lbs) x 10 reps. Immediately drop another 20% (to 45 lbs) x 10 reps. That entire sequence = **1 Master Set**. Rest 30 seconds between Master Sets.

THE TRIPLE DROP FORMULA

SEGMENT 1: 10-15 reps @ 80% of 10RM → NO REST, STRIP WEIGHT →

SEGMENT 2: 10-15 reps @ ~60% of 10RM (-25%) → NO REST, STRIP WEIGHT →

SEGMENT 3: 10-15 reps @ ~45% of 10RM (-20% more) → REST 30 SEC → NEXT MASTER SET

All three segments = 1 Master Set. Same weight for all Master Sets of that exercise. Go to failure on last segment of finisher sets.

PROGRAM RULES

- **Split:** Mon/Thu Push | Tue/Fri Pull | Wed/Sat Legs | Sun Full Rest
- **Tempo:** 2-1-1 (controlled eccentric, brief squeeze) • **Rest:** 0s between drops, 30s between Master Sets, 60-90s between exercises
- **Weight Selection:** If you fail before 10 reps on Segment 1, too heavy. If you get >15 on Segment 3, too light next Master Set.
- **Finishers:** '1 set to failure' = one straight triple-drop master set pushed to absolute failure on final segment.

MONDAY / THURSDAY — PUSH: CHEST, SHOULDERS, TRICEPS

EXERCISE	MASTER SETS	TRIPLE DROP REPS	NOTES / CUE
Dumbbell Bench Press	4	10 / 10 / 10	Flat or slight incline. Control eccentric, press explosively. Your anchor compound.
Coffin Press	3	12 / 12 / 12	DBs together, elbows tight, crush DBs inward. Deep chest stretch.
Chest Flies	3	12 / 12 / 12	Cable or DB. 30° bend, squeeze at top 1 sec.
Decline Bench	1	To Failure	FINISHER: Triple drop to absolute failure on final drop. 1 master set only.
Side Lateral Raise	3	15 / 15 / 15	Lead with elbows, pinkies slightly high. No swinging.
Shoulder Press	3	15 / 15 / 15	Dumbbell or barbell. No back arch, full ROM.
Band Pushdown	3	15 / 15 / 15	Band or cable. Elbows pinned, full extension.
Overhead Extension	1	To Failure	FINISHER: Triple drop triceps. Stretch overhead.
Bench Reverse Crunch	2	40 reps	Not triple drop — straight sets for core. 60s rest.

TUESDAY / FRIDAY — PULL: BACK & BICEPS

EXERCISE	MASTER SETS	TRIPLE DROP REPS	NOTES / CUE
Band Pulldowns	4	10 / 10 / 10	Wide grip. Drive elbows to ribs, squeeze lats.
Wide Band Pulls	3	10 / 10 / 10	Wide grip row variation. Chest tall.
Narrow Band Rows	3	10 / 10 / 10	Close grip, elbows tight to body.
Close Grip Pulldowns	3	10 / 10 / 10	Neutral grip. Focus on lower lats.
Chin-Up	1	To Failure	FINISHER: Bodyweight. If >15, add weight. Triple drop via assisted after failure.
Preacher Curls	4	15 / 15 / 15	Strict — no swing. 15 rep range = burn.
Dumbbell Curls	3	10 / 10 / 10	Alternating or together. Supinate at top.
Hammer Curls	2	10 / 10 / 10	Neutral grip for brachialis & forearms.
Physioball Crunches	2	50 reps	Straight core work — 60s rest between sets.

WEDNESDAY / SATURDAY — LEGS: QUADS, HAMS, CALVES

EXERCISE	MASTER SETS	TRIPLE DROP REPS	NOTES / CUE
Dumbbell Squats	3	10 / 10 / 10	Goblet or 2 DBs at sides. Depth to parallel.
Leg Extension	3	15 / 15 / 15	Peak contraction 1 sec at top, slow negative.
Cyclist Squats	3	10 / 10 / 10	Heels elevated 2-3", narrow stance, quad focus.
Leg Curls	3	15 / 15 / 15	Lying or seated. Squeeze hams hard.
Standing Calf Raises	3	15 / 15 / 15	Full stretch bottom, peak contraction top.
Seated Calf Raises	3	15 / 15 / 15	Bent knee hits soleus — don't bounce.

EXERCISE	MASTER SETS	TRIPLE DROP REPS	NOTES / CUE
Cable Crunch	2	20 reps	Straight sets for abs. Kneeling, crunch down, exhale hard.

COACHING NOTES FROM INVICTUS

- **Triple Drop Mindset:** The first drop is strength, second is hypertrophy, third is pure endurance & mental toughness. Don't pace — attack each segment.
- **Log Drops:** Example: 80/60/45 x 10. If you get 10/10/12, increase all three next time by 5%.
- **Sunday = Growth Day:** Sleep, protein 0.8-1g/lb, hydration, mobility. This 6-day split only works if you recover.
- **Progression:** When you can complete all Master Sets with 12+ reps on final drop, add 5% to all drop weights.
- **Questions?** Bring this sheet to INVICTUS — we'll dial in your drop weights for your first session.

You're training for density, detail, and durability. Unconquered effort = unconquered results.



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Educational use only. Consult physician before starting. Stop if sharp pain occurs. Results based on effort, nutrition, sleep, and consistency.