

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Unleash Your Inner Beast: A Cross-Training Program for Building Muscle

Cross-training is a fantastic way to build muscle, boost your metabolism, and keep your workouts exciting. This program combines weightlifting, bodyweight exercises, and cardio to hit all the major muscle groups and challenge your body in new ways.

Warm-up (10 minutes):

- Light cardio (jogging, jumping jacks, jumping rope)
- Dynamic stretches (arm circles, leg swings, torso twists)

Monday: Pull & Plyo

- Pull-ups or assisted pull-ups: 3 sets of 8-12 reps
- Seated cable rows: 3 sets of 10-15 reps
- Dumbbell deadlifts: 3 sets of 12-15 reps
- Box jumps: 3 sets of 8-10 reps
- Broad jumps: 3 sets of 10 reps per leg
- Burpees: 3 sets of 15 reps

Tuesday: Push & HIIT

- Bench press or incline dumbbell press: 3 sets of 8-12 reps
- Overhead press: 3 sets of 10-15 reps
- Dips (assisted if needed): 3 sets of max reps
- Lunges: 3 sets of 12-15 reps per leg
- High-Intensity Interval Training (HIIT) sprint intervals: 3 sets of 30 seconds sprint, 30 seconds rest

Wednesday: Rest & Recovery

- Focus on active recovery activities like yoga, swimming, or light cardio.

Thursday: Legs & Core

- Squats: 3 sets of 12-15 reps
- Leg press: 3 sets of 10-15 reps
- Hamstring curls: 3 sets of 12-15 reps
- Calf raises: 3 sets of 15-20 reps
- Plank: 3 sets of 30-60 seconds hold
- Side plank: 3 sets of 30 seconds hold per side

Friday: Full Body Circuit

- Complete each exercise in the circuit with minimal rest, then repeat the entire circuit 3 times.
- Jumping jacks: 30 seconds
- Push-ups: 15 reps
- Squats: 20 reps
- Dumbbell rows: 10 reps per side
- Mountain climbers: 30 seconds

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Weekend: Choose your adventure!

- Enjoy some active recovery activities or try a new sport or exercise class.

Additional Tips:

- Focus on proper form: Don't sacrifice form for weight. Improper form can lead to injury and hinder your progress.
- Progressive overload: Gradually increase the weight, reps, or sets as you get stronger.
- Fuel your body: Eat a nutritious diet with plenty of protein and carbohydrates for optimal performance and recovery.
- Listen to your body: Take rest days when needed and avoid overtraining.
- Stay motivated: Find workout buddies, listen to music, or track your progress to keep yourself motivated.

Here are some additional resources that you may find helpful:

- CrossFit: [<https://www.crossfit.com/>]
- National Strength and Conditioning Association (NSCA): [<https://www.nsca.com/>]
- American Council on Exercise (ACE): [<https://www.acefitness.org/>]