

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Four Day Football Workout Program

### Day 1: Lower body

- Squats: 3 sets of 5-8 repetitions
- Deadlifts: 3 sets of 5 repetitions
- Leg press: 3 sets of 10-12 repetitions
- Hamstring curls: 3 sets of 10-12 repetitions
- Calf raises: 3 sets of 15-20 repetitions

### Day 2: Upper body push

- Bench press: 3 sets of 5-8 repetitions
- Overhead press: 3 sets of 5-8 repetitions
- Push-ups: 3 sets to failure
- Dips: 3 sets to failure
- Tricep extensions: 3 sets of 10-12 repetitions

### Day 3: Upper body pull

- Pull-ups: 3 sets to failure
- Rows: 3 sets of 10-12 repetitions
- Lat pulldowns: 3 sets of 10-12 repetitions
- Bicep curls: 3 sets of 10-12 repetitions
- Hammer curls: 3 sets of 10-12 repetitions

### Day 4: Core

- Plank: 1 minute hold
- Side plank: 30 seconds per side hold
- Bird dog: 10 repetitions per side
- Russian twists: 3 sets of 15 repetitions
- Hanging leg lifts: 3 sets of 15 repetitions