

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Three Day Football Workout Program

### Day 1: Lower body

- Squats: 3 sets of 8-12 repetitions
- Deadlifts: 3 sets of 5-8 repetitions
- Leg press: 3 sets of 10-12 repetitions
- Leg extensions: 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

- Bench press: 3 sets of 8-12 repetitions
- Overhead press: 3 sets of 8-12 repetitions
- Pull-ups: 3 sets of as many repetitions as possible
- Rows: 3 sets of 8-12 repetitions
- Bicep curls: 3 sets of 10-12 repetitions
- Tricep extensions: 3 sets of 10-12 repetitions

### Day 3: Core

- Plank: 3 sets of 1 minute
- Sit-ups: 3 sets of 20 repetitions
- Crunches: 3 sets of 20 repetitions
- Russian twists: 3 sets of 15 repetitions
- Bird dogs: 3 sets of 15 repetitions on each side