

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Kinetic Triple Drop

Each master set is broken down into three segments of 10-15 reps each. The rest taken between each drop should only be for as long as it takes to drop (or strip) the weight enough to allow you to perform the next drop set.

Start each set with a weight approximately 80% of what you would normally use for ten reps. If you can max out with 100 pounds for 10 reps in the barbell curl, go for 10 reps with 80 pounds.

Immediately upon completing that first set, you perform the same movement for the same 10 reps, but with about 25% less weight. If your first set was 80 pounds, the first drop set will be 60 pounds.

Finally you drop the weight another 20%. This leaves you with 45 pounds to knock out another 10 reps. All three sets are performed without rest. You use the same weight for following sets, resting 30 seconds between master sets.

Monday/Thursday: Push

- Dumbbell bench press
 - 4x10 (triple drop sets)
- Coffin press
 - 3x12 (triple drop sets)
- Chest flies
 - 3x12 (triple drop sets)
- Decline bench
 - 1 set to failure
- Side lateral raise
 - 3x15 (triple drop sets)
- Shoulder press
 - 3x15 (triple drop sets)
- Band push down
 - 3x15 (triple drop sets)
- Overhead Ext
 - 1 set to failure
- Bench reverse crunch
 - 2x40

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Tuesday/Friday: Pull

- Band pull downs
 - 4x10 (triple drop sets)
- Wide band pulls
 - 3x10 (triple drop sets)
- Narrow band rows
 - 3x10 (triple drop sets)
- Close grip pull downs
 - 3x10 (triple drop sets)
- Chin up
 - 1 set to failure
- Preacher curls
 - 4x15 (triple drops sets)
- Dumbbell curls
 - 3x10 (triple drop sets)
- Hammer curls
 - 2x10 (triple drop sets)
- Physioball crunches
 - 2x50

Wednesday/Saturday: Legs

- Dumbbell Squats
 - 3x10 (triple drop sets)
- Leg extension
 - 3x15 (triple drops sets)
- Cyclist squats
 - 3x10 (triple drop sets)
- Leg curls
 - 3x15 (triple drop sets)
- Standing calf raises
 - 3x15 (triple drop sets)
- Seated calf raises
 - 3x15 (triple drop sets)
- Cable crunch
 - 2x20