

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Four Day Muscle Hypertrophy Program

Day 1: Chest and triceps

- Bench press (3 sets of 8-12 repetitions)
- Incline dumbbell press (3 sets of 10-12 repetitions)
- Decline dumbbell press (3 sets of 10-12 repetitions)
- Triceps pushdowns (3 sets of 10-12 repetitions)
- Overhead triceps extensions (3 sets of 10-12 repetitions)

Day 2: Back and biceps

- Pull-ups (3 sets to failure)
- Barbell rows (3 sets of 8-12 repetitions)
- Seated cable rows (3 sets of 10-12 repetitions)
- Bicep curls (3 sets of 10-12 repetitions)
- Hammer curls (3 sets of 10-12 repetitions)

Day 3: Legs

- Squats (3 sets of 8-12 repetitions)
- Deadlifts (1 set 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 4: Shoulders and abs

- Overhead press (3 sets of 8-12 repetitions)
- Lateral raises (3 sets of 10-12 repetitions)
- Front raises (3 sets of 10-12 repetitions)
- Plank (3 sets of 30-60 seconds)
- Crunches (3 sets of 15-20 repetitions)
- Leg raises (3 sets of 15-20 repetitions)