

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Three 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
- Dumbbell flies: 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 and shoulders

- 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
- Overhead press: 3 sets of 8-12 repetitions
- Lateral raises: 3 sets of 10-12 repetitions
- Front raises: 3 sets of 10-12 repetitions