

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Off Season Weight Lifting Program

Endurance and Power Cycle

Weeks 1-4 *Endurance Training*

Days 1 & 3			
Muscle Group	Exercise	Sets	Reps
Chest	Barbell Bench Press	3	20, 20, 20
Shoulders	Barbell Military Press	3	20, 20, 20
Back	Bent-Over Dumbbell Rows	3	20, 20, 20
Biceps/Forearms	Hammer Curls	2	20, 20
Triceps	Dips	2	Failure
Back	Wide-Grip Pull-Ups	2	Failure

Days 2 & 4			
Muscle Group	Exercise	Sets	Reps
Legs	Squats	3	20, 20, 20
Legs	Leg Press	3	20, 20, 20
Legs	Calf Raises	3	20, 20, 20
Legs	Lunges	2	20, 20
Legs	Leg Extensions	2	20, 20
Legs	Leg Curls	2	20, 20

Weeks 5-8 *Power Training*

Days 1 & 3			
Muscle Group	Exercise	Sets	Reps
Legs	Jump Squats	3	10, 10, 10
Legs	Dead Lift	3	12, 12, 12
Legs	Squats	3	8, 8, 8
Legs	Lunges	3	10, 10, 10
Legs	Box Steps	3	12, 12, 12
Legs	Calf Raises	3	20, 20, 20

Days 2 & 4			
Muscle Group	Exercise	Sets	Reps
Chest	Barbell Bench Press	3	10, 10, 10
Shoulders	Push Press	3	12, 12, 12
Back	Wide-Grip Pull-Ups	2	Failure
Biceps/Forearms	Reverse Curls	3	15, 15, 15
Triceps	Dips	2	Failure
Back	Bent-Over Dumbbell Rows	3	12, 12, 12

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Rest for 1 week before you start the next cycle.

Weeks 9-12 *Endurance Training*

Days 1 & 3			
Muscle Group	Exercise	Sets	Reps
Chest	Dumbbell Bench Press	3	25, 25, 25
Shoulders	Dumbbell Military Press	3	25, 25, 25
Back	Bent-Over Barbell Rows	3	25, 25, 25
Biceps/Forearms	Reverse Curls	2	25, 25
Back	Close-Grip Pull-Ups	3	Failure
Biceps	Dumbbell Curls	2	25, 25

Days 2 & 4			
Muscle Group	Exercise	Sets	Reps
Legs	Squats	3	25, 25, 25
Legs	Leg Extensions	2	25, 25
Legs	Leg Curls	2	25, 25
Legs	Calf Raises	3	25, 25, 25
Legs	Lunges	2	25, 25
Legs	Leg Press	3	25, 25, 25

Weeks 13-16 *Power Training*

Days 1 & 3			
Muscle Group	Exercise	Sets	Reps
Legs	Squats	3	8, 8, 8
Legs	Lunges	3	10, 10, 10
Legs	Jump Squats	3	10, 10, 10
Legs	Dead Lift	3	12, 12, 12
Legs	Box Steps	3	12, 12, 12
Legs	Calf Raises	3	20, 20, 20

Days 2 & 4			
Muscle Group	Exercise	Sets	Reps
Chest	Dumbbell Bench Press	3	10, 10, 10
Shoulders	Push Press	3	12, 12, 12
Back	Close-Grip Pull-Ups	3	Failure
Biceps/Forearms	Hammer Curls	3	15, 15, 15
Chest	Cable Crossovers	3	10, 10, 10
Back	T-Bar Rows	3	12, 12, 12

Rest 1 week before you start the next cycle.

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Pre-Season Weight Lifting Program

Endurance, Power & Strength Cycle

Weeks 1 & 2

Day 1			
Muscle Group	Exercise	Sets	Reps
Legs	Squats	2	15, 15
Legs	Lunges	2	15, 15
Legs	Leg Extensions	2	15, 15
Legs	Leg Curls	2	15, 15
Legs	Jump Squats	2	15, 15
Legs	Dead Lift	2	15, 15

Day 2			
Muscle Group	Exercise	Sets	Reps
Chest	Barbell Bench Press	2	15, 15
Shoulders	Push Press	2	15, 15
Back	Wide-Grip Pull-Ups	2	15, 15
Biceps/Forearms	Hammer Curls	2	15, 15
Triceps	Dips	2	15, 15
Back	Wide-Grip Pull-Ups	2	15, 15

Day 3			
Muscle Group	Exercise	Sets	Reps
Legs	Leg Press	2	15, 15
Legs	Box Steps	2	15, 15
Legs	Lunges	2	15, 15
Legs	Dead Lift	2	15, 15
Legs	Jump Squats	2	15, 15
Legs	Calf Raises	2	20, 20

Day 4			
Muscle Group	Exercise	Sets	Reps
Chest	Barbell Bench Press	2	15, 15
Back	Close-Grip Pull-Ups	2	15, 15
Back	Bent-Over Dumbbell Rows	2	15, 15
Biceps/Forearms	Reverse Curls	2	15, 15
Shoulders	Barbell Military Press	2	15, 15
Biceps	Dumbbell Curls	2	15, 15

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Weeks 3 & 4

Day 1

Muscle Group	Exercise	Sets	Reps
Legs	Squats	3	8, 8, 8
Legs	Lunges	3	8, 8, 8
Legs	Leg Extensions	3	8, 8, 8
Legs	Leg Curls	3	8, 8, 8
Legs	Jump Squats	3	8, 8, 8
Legs	Dead Lift	3	8, 8, 8

Day 2

Muscle Group	Exercise	Sets	Reps
Chest	Barbell Bench Press	3	8, 8, 8
Shoulders	Push Press	3	8, 8, 8
Back	Wide-Grip Pull-Ups	3	8, 8, 8
Biceps/Forearms	Hammer Curls	3	8, 8, 8
Triceps	Dips	3	8, 8, 8
Back	Wide-Grip Pull-Ups	3	8, 8, 8

Day 3

Muscle Group	Exercise	Sets	Reps
Legs	Leg Press	3	8, 8, 8
Legs	Box Steps	3	8, 8, 8
Legs	Lunges	3	8, 8, 8
Legs	Dead Lift	3	8, 8, 8
Legs	Jump Squats	3	8, 8, 8
Legs	Calf Raises	3	20 Reps

Day 4

Muscle Group	Exercise	Sets	Reps
Chest	Barbell Bench Press	3	8, 8, 8
Back	Close-Grip Pull-Ups	3	8, 8, 8
Back	Bent-Over Dumbbell Rows	3	8, 8, 8
Biceps/Forearms	Reverse Curls	3	8, 8, 8
Shoulders	Barbell Military Press	3	8, 8, 8
Biceps	Dumbbell Curls	3	8, 8, 8

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Week 5

Day 1

Muscle Group	Exercise	Sets	Reps
Legs	Squats	4	6, 6, 6, 6
Legs	Lunges	4	6, 6, 6, 6
Legs	Leg Extensions	4	6, 6, 6, 6
Legs	Leg Curls	4	6, 6, 6, 6
Legs	Jump Squats	4	6, 6, 6, 6
Legs	Dead Lift	4	6, 6, 6, 6

Day 2

Muscle Group	Exercise	Sets	Reps
Chest	Barbell Bench Press	4	6, 6, 6, 6
Shoulders	Push Press	4	6, 6, 6, 6
Back	Wide-Grip Pull-Ups	4	6, 6, 6, 6
Biceps/Forearms	Hammer Curls	4	6, 6, 6, 6
Triceps	Dips	4	6, 6, 6, 6
Back	Wide-Grip Pull-Ups	4	6, 6, 6, 6

Day 3

Muscle Group	Exercise	Sets	Reps
Legs	Leg Press	4	6, 6, 6, 6
Legs	Box Steps	4	6, 6, 6, 6
Legs	Lunges	4	6, 6, 6, 6
Legs	Dead Lift	4	6, 6, 6, 6
Legs	Jump Squats	4	6, 6, 6, 6
Legs	Calf Raises	4	20 Reps

Day 4

Muscle Group	Exercise	Sets	Reps
Chest	Barbell Bench Press	4	6, 6, 6, 6
Back	Close-Grip Pull-Ups	4	6, 6, 6, 6
Back	Bent-Over Dumbbell Rows	4	6, 6, 6, 6
Biceps/Forearms	Reverse Curls	4	6, 6, 6, 6
Shoulders	Barbell Military Press	4	6, 6, 6, 6
Biceps	Dumbbell Curls	4	6, 6, 6, 6