

INVICTUS

SPORTS PERFORMANCE AND FITNESS

The Spartan Lean Muscle Training Schedule

Monday: Full-Body Strength

Tuesday: Upper-Body HIIT

Wednesday: Full Rest Day

Thursday: Lower-Body HIIT

Friday: Full-Body HIIT

Saturday: Active Recovery

Sunday: Full Rest Day

MONDAY: STRENGTH (FULL BODY)

60 seconds rest between exercises

SUPERSET (3 TIMES)

- 1A. Bodyweight squat x20
- 1B. Push ups X10
- 1C. Sit-ups X12

2. Dumbbell Bench Press 4 sets of 6

3. Dumbbell squats 4sets of 8

4. Standing Military Press 4sets of 10

5. Dumbbell Deadlift 4 sets of 6-8

SUPERSET (3 TIMES)

- 6A. Jumping split squats X20 (10 PER LEG)
- 6B. Elbow plank X30 SEC
- 6C Jack knife crunch X10

TUESDAY: HIGH INTENSITY UPPER BODY

60 seconds rest between exercises

1-MILE JOG

SUPERSET (3 TIMES)

- 1A. Incline dumbbell chest fly X10
- 1B. Incline hex press (Dumbbells together) X10

2. BURPEE 7 sets of 8

SUPERSET (3 TIMES)

- 3A. Single arm dumbbell row X10 per side
- 3B. Dumbbell shrugs X15

SUPERSET (3 TIMES)

- 4A. Hammer curls X12

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- 4B. Tricep kickback X10 per side

5. Mountain climbers 4X30 Seconds

WEDNESDAY: FULL REST DAY

THURSDAY: HIGH-INTENSITY LOWER BODY

60 seconds rest between exercises

1 Mile jog

SUPERSET (3 TIMES)

- 1A. Dumbbell goblet squat X15
- 1B. Dumbbell Romanian deadlift X12

2. Walking lunges 5X20 (10 Per leg – 100 steps total)

SUPERSET (3 TIMES)

- 3A. Glute bridge X12
- 3B. Alternating heel touchers X20
- 3C. Bicycle crunches X30 (15 per side)

SUPERSET (3 TIMES)

- 4A. Jump squats X10
- 4B. Side elbow plank X30 Sec (Per side)

FRIDAY: HIIT TRAINING AND CORE

- Complete 3 rounds of:
 - Burpees x 10
 - Bodyweight Squats x 10
 - Push ups (on knees if needed) x 10
 - Tuck ups x 10
 - Side Plank rotations x 10

SATURDAY: ACTIVE REST DAY

- Go for a 20 minute casual walk

SUNDAY: FULL REST DAY