

INVICTUS

SPORTS PERFORMANCE AND FITNESS

3 Functional Fitness Programs for Advanced Athletes

Program 1: Strength & Power

Day 1: Lower Body

- Squats: 5 sets of 5 reps (heavy weight)
- Deadlifts: 3 sets of 8 reps (moderate weight)
- Box Jumps: 3 sets of 5 reps (explosive)
- Bulgarian Split Squats: 3 sets of 10 reps per leg
- Glute Bridges: 3 sets of 15 reps

Day 2: Upper Body

- Pull-Ups: 4 sets of AMRAP (as many reps as possible)
- Bench Press: 5 sets of 3 reps (heavy weight)
- Dumbbell Rows: 4 sets of 8 reps
- Overhead Press: 3 sets of 6 reps
- Dips: 3 sets of 12 reps

Day 3: Core & Conditioning

- Plank: 3 sets of 60 seconds
- Anti-Rotation Press: 3 sets of 10 reps per side
- Medicine Ball Slams: 3 sets of 15 reps
- Burpees: 3 sets of AMRAP
- Sled Pushes: 3 sets of 30 meters

Program 2: Metabolic Conditioning

Day 1: Tabata

- Perform each exercise for 20 seconds, rest for 10 seconds, repeat 8 times.
- Jumping Jacks
- Mountain Climbers
- Burpees
- Squat Jumps
- Box Jumps (if available)
- Push-Ups
- High Knees
- Plank

Day 2: Circuit Training

- Complete each exercise back-to-back with minimal rest. Repeat the circuit 3 times.
- 10 x Kettlebell Swings
- 15 x Jump Squats
- 20 x Push-Ups
- 10 x Pull-Ups (or assisted pull-ups)

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- 20 x Box Jumps (or step-ups)
- 30 seconds x Plank

Day 3: HIIT (High-Intensity Interval Training)

- Alternate between high-intensity work (80-90% effort) and low-intensity recovery (50% effort) for the specified durations.
- 30 seconds sprint, 60 seconds jog (repeat 5 times)
- 45 seconds jump rope, 60 seconds walk (repeat 4 times)
- 60 seconds hill sprints, 90 seconds walk (repeat 3 times)

Program 3: Unilateral & Bodyweight Focus

Day 1: Single-Leg Strength

- Pistol Squats: 3 sets of 5 reps per leg
- Single-Leg Deadlifts: 3 sets of 8 reps per leg
- Reverse Lunges: 3 sets of 10 reps per leg
- Step-Ups: 3 sets of 12 reps per leg
- Bulgarian Split Squats (Single-Leg Version): 3 sets of 15 reps per leg

Day 2: Push & Pull

- Dips: 4 sets of AMRAP
- Push-Ups (multiple variations): 4 sets of 10-12 reps
- Pull-Ups (multiple variations): 4 sets of AMRAP
- Inverted Rows: 3 sets of 12 reps
- Single-Arm Rows (dumbbells or bodyweight): 3 sets of 10 reps per side

Day 3: Core & Balance

- Hanging Leg Raises: 3 sets of 10 reps
- Side Plank: 3 sets of 30 seconds per side
- Hollow Body Hold: 3 sets of 60 seconds
- Single-Leg Balance: 3 sets of 30 seconds per leg
- Bird Dog: 3 sets of 10 reps per side