

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## 3 Functional Fitness Programs for Beginners

### Program 1: Bodyweight Focus

Monday:

- Squats: 3 sets of 10-12 reps
- Lunges: 3 sets of 8 reps per leg
- Push-ups (modified if needed): 3 sets of as many reps as possible
- Inverted rows (using bench or table): 3 sets of 10-12 reps
- Plank: 3 sets of 30-60 seconds hold
- Jumping jacks: 3 sets of 30 seconds

Wednesday:

- Wall sits: 3 sets of 30-60 seconds hold
- Supermans: 3 sets of 10-12 reps
- Bird-dogs: 3 sets of 10 reps per side
- Calf raises: 3 sets of 15-20 reps
- Burpees (modified if needed): 3 sets of as many reps as possible

Friday:

- Mountain climbers: 3 sets of 30 seconds per side
- High knees: 3 sets of 30 seconds
- Jumping lunges: 3 sets of 8 reps per leg
- Russian twists: 3 sets of 15 reps per side
- Walking lunges: 3 sets of 10 reps per leg

Progression: Once you can comfortably complete the prescribed sets and reps, increase the difficulty by adding weight (e.g., dumbbells), increasing reps, or shortening rest periods.

### Program 2: Equipment-Based (Light Resistance)

Monday:

- Dumbbell squats: 3 sets of 10-12 reps (weight you can control with good form)
- Dumbbell lunges: 3 sets of 8 reps per leg (same weight as squats)
- Dumbbell rows: 3 sets of 10-12 reps per side
- Dumbbell overhead press: 3 sets of 10-12 reps
- Plank with dumbbell rows: 3 sets of 10 reps per side (hold plank while alternating rows)

Wednesday:

- Kettlebell swing: 3 sets of 15-20 reps (light kettlebell)
- Kettlebell goblet squat: 3 sets of 10-12 reps (same kettlebell as swing)
- TRX push-ups: 3 sets of as many reps as possible
- TRX inverted rows: 3 sets of 10-12 reps
- Anti-rotational press: 3 sets of 10 reps per side (using cable machine or resistance band)

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Friday:

- Medicine ball slam: 3 sets of 10 reps (light medicine ball)
- Box jumps: 3 sets of 8-10 reps (low box to start)
- Battle ropes: 3 sets of 30 seconds work, 15 seconds rest
- Single-leg deadlift: 3 sets of 10 reps per leg (light dumbbells)
- Side plank: 3 sets of 30-60 seconds hold per side

Progression: Similar to program 1, gradually increase weight, reps, or decrease rest periods.

## **Program 3: Cardio-Focused (Interval Training)**

Monday:

- 10 minutes easy jog
- 30 seconds burpees (modified if needed)
- 30 seconds rest
- Repeat burpees and rest for 10 rounds
- 10 minutes easy jog

Wednesday:

- 5 minutes jump rope (with breaks if needed)
- 30 seconds mountain climbers
- 30 seconds rest
- Repeat mountain climbers and rest for 12 rounds
- 5 minutes jump rope

Friday:

- 20 minutes swimming or cycling (moderate intensity)
- 30 seconds high knees
- 30 seconds rest
- Repeat high knees and rest for 8 rounds
- 10 minutes easy walk

Progression: Increase the duration of work intervals, decrease rest intervals, or add more rounds over time