

INVICTUS

SPORTS PERFORMANCE AND FITNESS

3 Functional Fitness Programs for Intermediate Athletes

Program 1: Strength & Power Focus

This program emphasizes building strength and power through compound movements and explosive exercises.

Day 1: Lower Body:

- Squats: 3 sets of 8-12 reps (add weight)
- Romanian Deadlifts: 3 sets of 6-10 reps (dumbbells or barbell)
- Box Jumps: 3 sets of 5-8 reps (adjust box height)
- Lateral Lunges: 3 sets of 10-15 reps per leg
- Glute Bridges: 3 sets of 15-20 reps (can add weight)

Day 2: Upper Body:

- Pull-ups: 3 sets of AMRAP (As Many Reps As Possible)
- Push-ups: 3 sets of AMRAP (different variations like Diamond, Incline)
- Dumbbell Rows: 3 sets of 8-12 reps per arm
- Overhead Press: 3 sets of 6-10 reps (dumbbells or barbell)
- Dips: 3 sets of AMRAP (assisted dips if needed)

Day 3: Metabolic Conditioning:

- Jump Rope: 3 rounds of 5 minutes with 30 seconds rest
- Burpees: 3 rounds of 20 reps with 30 seconds rest
- Sled Pushes: 3 sets of 20 meters with 30 seconds rest
- Medicine Ball Slams: 3 sets of 15 reps with 30 seconds rest
- Mountain Climbers: 3 sets of 30 seconds per leg with 15 seconds rest

Program 2: Endurance & Agility Focus

This program focuses on improving cardiovascular endurance and agility through various bodyweight and weighted exercises.

Day 1: Endurance Circuit:

- Jumping Jacks: 3 sets of 1 minute
- High Knees: 3 sets of 30 seconds per leg
- Butt Kicks: 3 sets of 30 seconds per leg
- Shuttle Runs: 3 sets of 20 meters with 20 seconds rest
- Burpees (modified if needed): 3 sets of 15 reps with 30 seconds rest

Day 2: Agility Ladder:

- Carioca: 3 sets of 30 seconds each direction
- Lateral Shuffles: 3 sets of 30 seconds each direction
- High Knees: 3 sets of 30 seconds over ladder rungs

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- Lateral Jumps: 3 sets of 20 reps over ladder rungs
- In & Out: 3 sets of 30 seconds

Day 3: Long Run:

- 30-45 minutes steady-state run at comfortable pace

Program 3: Mobility & Balance Focus

This program emphasizes improving mobility and balance through yoga-inspired movements and core work.

Day 1: Mobility Flow:

- Cat-Cow: 3 sets of 10 breaths
- Downward-Facing Dog: 3 sets of 30 seconds hold
- Pigeon Pose: 3 sets of 30 seconds hold per side
- Warrior II: 3 sets of 30 seconds hold per side
- Child's Pose: 3 sets of 30 seconds hold

Day 2: Balance & Core:

- Single-Leg Stance: 3 sets of 30 seconds per leg
- Plank: 3 sets of 30-60 seconds hold
- Side Plank: 3 sets of 30 seconds per side
- Bird-Dog: 3 sets of 10 reps per side
- Dead Bug: 3 sets of 15 reps

Day 3: Yoga or Pilates Class:

- Attend a local yoga or Pilates class focusing on mobility and core work