

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Weight Loss Weight Lifting Program

### Day 1: Legs

- Barbell back squat: 3 sets of 8-12 reps
- Dumbbell lunges: 3 sets of 10-12 reps per leg
- Leg press: 3 sets of 10-12 reps
- Hamstring curls: 3 sets of 15-20 reps

### Day 2: Chest and triceps

- Bench press: 3 sets of 8-12 reps
- Incline dumbbell press: 3 sets of 10-12 reps
- Dumbbell flyes: 3 sets of 15-20 reps
- Triceps pushdowns: 3 sets of 10-12 reps
- Overhead triceps extensions: 3 sets of 15-20 reps

### Day 3: Back and biceps

- Barbell rows: 3 sets of 8-12 reps
- Pull-ups: 3 sets of as many reps as possible
- Bicep curls: 3 sets of 10-12 reps
- Hammer curls: 3 sets of 15-20 reps

### Notes:

- Perform each exercise with a weight that is challenging but allows you to maintain good form.
- Rest for 1-2 minutes between sets.
- Do this workout 3 times per week on non-consecutive days.
- Be sure to warm up before each workout and cool down afterwards.

### Here are some additional tips for weight loss:

- Lift weights that are challenging but not too heavy. You should be able to complete all of your reps with good form.
- Focus on compound exercises that work multiple muscle groups at once. These exercises will help you burn more calories and build more muscle.
- Do cardio exercises at least 3 times per week for 30 minutes each time. Cardio exercises will help you burn more calories and lose weight.
- Eat a healthy diet that is low in calories and high in nutrients. This will help you lose weight and keep it off.
- Get enough sleep. Sleep is essential for weight loss and muscle growth.
- Be patient and consistent with your workouts and diet. It takes time to lose weight and build muscle