



5-DAY PPL / UPPER-LOWER HYBRID

DAILY UNDULATING PERIODIZATION PROGRAM

Smart Volume. Heavy When Fresh. Pump When Fatigued.

Because five consecutive days of lifting accumulates significant CNS fatigue, this program uses Daily Undulating Periodization (DUP). The front of the week (Mon-Wed) focuses on mechanical tension and heavier loads (RPE 7.5-8.5), while Thu-Fri shift toward metabolic stress and hypertrophy (RPE 8-9) using variations that reduce axial loading on the spine.

STRUCTURE: Mon Push (Strength) | Tue Pull (Strength) | Wed Legs (Quad Focus) | Thu Upper (Hypertrophy/Pump) | Fri Lower (Hinge/Hamstring Focus) | Sat-Sun Rest/Active Recovery

PROGRAM GUIDELINES - DUP PRINCIPLES

- **RPE Guide:** Mon-Wed 7.5-8.5 (1-2 reps in reserve) | Thu-Fri 8-9 (0-1 RIR, intense pump)
- **Rest:** Compounds 3-4 min, Accessories 90 sec-2 min – respect it, heavy days need full CNS recovery
- **Progression:** When you hit top of rep range on all sets, add 2.5-5% load next week
- **CNS Management:** Chest-supported rows Tuesday save low back for Wednesday squats | RDL Friday avoids crushing CNS after squats

MONDAY: PUSH - STRENGTH/TENSION FOCUS

Goal is heavy mechanical tension on pressing musculature when CNS is completely fresh from weekend.

	SETS	REPS	REST	FOCUS/CUE
Barbell Bench Press	4	4-6	3 min	Explosive concentric, controlled eccentric
Standing Barbell OHP	3	6-8	2-3 min	Core braced, full lockout
Incline Dumbbell Press	3	8-10	2 min	Deep stretch at bottom
Triceps Rope Pushdown	3	10-12	90 sec	Constant tension, isolate triceps
Cable Lateral Raises	3	12-15	90 sec	Pull from wrists, avoid momentum

TUESDAY: PULL - STRENGTH / TENSION FOCUS

Prioritize heavy vertical and horizontal pulling. Chest-supported variations late save lower back for Wednesday squats.

	SETS	REPS	REST	FOCUS/CUE
Weighted Pull-Ups (or Lat Pulldown)	4	6-8	3 min	Full dead-hang to chin over bar
Barbell Row (or Pendlay Row)	4	6-8	3 min	Hinge strictly, pull to lower sternum
Chest-Supported DB Row	3	10-12	2 min	Squeeze shoulder blades together
Face Pulls	3	12-15	90 sec	External rotation at peak contraction
Barbell Bicep Curls	3	8-10	90 sec	Strict form, no hip swing

WEDNESDAY: LEGS - QUAD FOCUS

Most neurologically demanding day. Focus on squat patterns and heavy quad engagement. Fuel and sleep matter.

	SETS	REPS	REST	FOCUS/CUE
Barbell Back Squat	4	4-6	3-4 min	Depth and stability
Leg Press (or Hack Squat)	3	8-10	2-3 min	Continuous movement, no lockout
Leg Extensions	3	12-15	90 sec	1-second pause at top
Seated Leg Curls	3	10-12	90 sec	Control the eccentric
Standing Calf Raises	4	10-12	90 sec	Deep stretch, pause at bottom

THURSDAY: UPPER - HYPERTROPHY/PUMP

Shift to dumbbells, cables, machines to stimulate tissue without systemic stabilization fatigue.

	SETS	REPS	REST	FOCUS/CUE
Incline Machine Press (or DBs)	3	10-12	2 min	Mind-muscle connection
Seated Cable Row	3	10-12	2 min	Stretch lats forward on eccentric
Pec Deck (or Cable Crossovers)	3	12-15	90 sec	Big sweep, squeeze at center
Straight-Arm Lat Pulldown	3	12-15	90 sec	Isolate lats, arms slightly bent
DB Lateral Raise	3	12-15	90 sec	Constant tension
Overhead Triceps Extension	3	12-15	90 sec	Bias long head of triceps
DB Hammer Curls	3	10-12	90 sec	Target brachialis

FRIDAY: LOWER - HINGE/HAMSTRING FOCUS

Focus on RDL to target posterior chain + unilateral work to fix imbalances, saving the CNS.

	SETS	REPS	REST	FOCUS/CUE
Romanian Deadlift (RDL)	4	6-8	3 min	Hinge at hips, soft knees
Bulgarian Split Squats	3	8-10/leg	2 min	Torso slightly forward to bias glutes
Lying Leg Curls	3	12-15	90 sec	Keep hips pressed into pad
Walking Lunges	3	10-12/leg	90 sec	Smooth strides, light trailing knee touch
Seated Calf Raises	3	15-20	90 sec	Target soleus muscle

COACHING NOTES FROM INVICTUS

- **Why DUP Works:** Heavy early week = mechanical tension + strength + myofibrillar hypertrophy. Light late week = metabolic stress + pump + joint-friendly volume.
- **RPE Management:** Mon-Wed stop 1-2 reps shy of failure to protect CNS. Thu-Fri push closer (0-1 RIR) since load is lighter.
- **Weekend = Growth:** Sat/Sun active recovery walk, mobility, 7-9 hrs sleep, 0.8-1g protein/lb. This 5-day split only works if you recover.
- **Progression:** If you hit top of range on all sets (e.g., 6,6,6,6 on bench at 225), add 5 lbs next week. Small jumps win long term.
- **For You:** This hybrid is ideal for intermediate lifters who want strength + size without 6 days in gym. Bring sheet to INVICTUS and we'll set RPE together.

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*This program is for educational purposes. Consult a physician before beginning any new exercise program. Advanced program not for beginners.
Stop if sharp pain occurs.*