

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Five Day Push-Pull-Legs/Upper Lower Hybrid Program

Because five consecutive days of lifting accumulates significant central nervous system (CNS) fatigue, this program uses Daily Undulating Periodization (DUP). The front of the week (Monday–Wednesday) focuses on mechanical tension and heavier loads (RPE 7.5–8.5), while Thursday and Friday shift toward metabolic stress and hypertrophy (RPE 8–9) using variations that reduce axial loading on the spine.

Monday: Push (Strength / Tension Focus)

The goal here is heavy mechanical tension on the pressing musculature when the CNS is completely fresh from the weekend.

Exercise	Sets	Reps	Rest	Focus
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 the bottom
Triceps Rope Pushdown	3	10-12	90 sec	Constant tension, isolate the triceps
Cable Lateral Raises	3	12-15	90 sec	Pull from the wrists, avoid momentum

Tuesday: Pull (Strength / Tension Focus)

Prioritize heavy vertical and horizontal pulling. Using chest-supported variations late in the session saves the lower back for Wednesday's squats.

Exercise	Sets	Reps	Rest	Focus
Weighted Pull-ups (<i>or Lat Pulldown</i>)	4	6-8	3 min	Full dead-hang to chin over bar

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Exercise	Sets	Reps	Rest	Focus
Barbell Row <i>(or Pendlay Row)</i>	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)

This is the most neurologically demanding day of the week. Focus on squat patterns and heavy quad engagement.

Exercise	Sets	Reps	Rest	Focus
Barbell Back Squat	4	4-6	3-4 min	Depth and stability
Leg Press <i>(or Hack Squat)</i>	3	8-10	2-3 min	Continuous movement, no lockout
Leg Extensions	3	12-15	90 sec	1-second pause at the 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)

Since the upper body muscles were heavily taxed on Monday and Tuesday, shift to dumbbells, cables, and machines. This stimulates the tissue without requiring as much systemic stabilization.

Exercise	Sets	Reps	Rest	Focus
Incline Machine Press <i>(or DBs)</i>	3	10-12	2 min	Mind-muscle connection

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Exercise	Sets	Reps	Rest	Focus
Seated Cable Row	3	10-12	2 min	Stretch the lats forward on the eccentric
Pec Deck (or Cable Crossovers)	3	12-15	90 sec	Big sweep, squeeze at the center
Straight-Arm Lat Pulldown	3	12-15	90 sec	Isolate the lats, keep arms slightly bent
DB Lateral Raise	3	12-15	90 sec	Constant tension
Overhead Triceps Extension	3	12-15	90 sec	Bias the long head of the triceps
DB Hammer Curls	3	10-12	90 sec	Target the brachialis

Friday: Lower (Hinge / Hamstring Focus)

Backing a heavy squat day with a heavy deadlift day 48 hours later is brutal on the CNS. Instead, focus on the Romanian Deadlift (RDL) to target the posterior chain, followed by unilateral work to fix imbalances.

Exercise	Sets	Reps	Rest	Focus
Romanian Deadlift (RDL)	4	6-8	3 min	Hinge at the 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 the pad
Walking Lunges	3	10-12/leg	90 sec	Smooth strides, light touch of trailing knee
Seated Calf Raises	3	15-20	90 sec	Target the soleus muscle

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A Note on Progression for Intermediates: Have him run this using a "Double Progression" model. He should pick a weight and stay with it until he can hit the top of the rep range for all prescribed sets. Once he hits that upper limit (e.g., 4 sets of 6 on the Bench Press), he increases the load by 5-10 lbs the following week and works his way back up to the top of the rep range.