



UNLEASH YOUR INNER BEAST

CROSS-TRAINING MUSCLE BUILDING PROGRAM

INVICTUS SPORTS PERFORMANCE & FITNESS • invictussports.org

Build Muscle. Boost Metabolism. Keep It Exciting.

This INVICTUS cross-training program combines strength, plyometrics, bodyweight, and conditioning to hit all major muscle groups and challenge your body in new ways. It's functional, athletic, and built for athletes who want muscle without boredom.

WARM-UP PROTOCOL — 10 MINUTES EVERY DAY

Light Cardio (5 min): Jogging, jumping jacks, jump rope — get heart rate to 120-140 bpm

Dynamic Stretches (5 min): Arm circles, leg swings, torso twists, hip circles, band pull-aparts — no static stretching pre-workout

MONDAY: PULL & PLYO — BACK POWER + EXPLOSIVENESS

EXERCISE	SETS x REPS / TIME	COACHING CUE / FOCUS
Pull-Ups or Assisted Pull-Ups	3 x 8-12	Full hang, chest to bar. Add weight when 12+ reps.
Seated Cable Rows	3 x 10-15	Chest tall, drive elbows to ribs, squeeze 1 sec.
Dumbbell Deadlifts	3 x 12-15	Hip hinge, neutral spine, glutes + ham focus.
Box Jumps	3 x 8-10	Explosive, soft landing, step down — not jump down.
Broad Jumps	3 x 10	Max distance, stick landing, reset each rep.
Burpees	3 x 15	Full body conditioning finisher. Chest to floor, jump at top.

TUESDAY: PUSH & HIIT — CHEST/SHOULDERS + CONDITIONING

EXERCISE	SETS x REPS / TIME	COACHING CUE / FOCUS
Bench Press or Incline DB Press	3 x 8-12	Primary push. Control eccentric, drive explosively.
Overhead Press	3 x 10-15	Barbell or DB. No back arch, full lockout.
Dips (Assisted if needed)	3 x Max	Lean forward for chest, upright for triceps. To failure.
Lunges	3 x 12-15 /leg	Walking or stationary. Front knee over ankle, torso tall.
HIIT Sprint Intervals	3 x 30s on / 30s off	All-out effort. Bike, rower, track, or treadmill. 3 rounds = 1 set.

WEDNESDAY: REST & ACTIVE RECOVERY

No lifting. Focus on yoga, swimming, light cardio (20-30 min @ 60% HR), foam rolling, mobility, and 7-9 hours sleep. Recovery is where muscle is built. Hydrate and hit protein target.

THURSDAY: LEGS & CORE — STRENGTH + STABILITY

EXERCISE	SETS x REPS / TIME	COACHING CUE / FOCUS
Squats	3 x 12-15	Depth to parallel+, brace, knees track over toes.
Leg Press	3 x 10-15	Feet shoulder width, control negative.
Hamstring Curls	3 x 12-15	Lying or seated. Pause at contraction.
Calf Raises	3 x 15-20	Standing. Full stretch + 1 sec peak squeeze.
Plank	3 x 30-60 sec	Glutes tight, neutral spine, breathe.
Side Plank	3 x 30 sec /side	Stack feet, hips high, no sagging.

FRIDAY: FULL BODY CIRCUIT — CONDITIONING FINISHER

EXERCISE	SETS x REPS / TIME	COACHING CUE / FOCUS
Jumping Jacks	30 sec	Minimal rest between exercises. Keep heart rate up.
Push-Ups	15 reps	Chest to floor, full lockout. Scale to knees if needed.
Squats	20 reps	Bodyweight or goblet. Fast but controlled.
Dumbbell Rows	10 reps /side	Single arm row, neutral spine.
Mountain Climbers	30 sec	Fast knees, core tight.

CIRCUIT PROTOCOL: Complete all 5 exercises back-to-back with minimal rest = 1 round. Rest 90 sec. Repeat 3 total rounds.

WEEKEND: CHOOSE YOUR ADVENTURE

Active recovery or try something new — hike, bike, pickup basketball, swim, martial arts class, ruck. Keep moving 30-60 min at low-moderate intensity. This builds work capacity without beating up joints. No structured gym required.

COACHING NOTES FROM INVICTUS

- **Form > Weight:** Never sacrifice form for load. Improper form = injury + stalled progress.
- **Progressive Overload:** Each week, add 1 rep, 2.5-5% weight, or 1 set where possible. Log it.
- **Fuel:** 0.8-1g protein per lb bodyweight, carbs around workouts, hydration. This is a high-output program — you must fuel it.
- **Listen to Your Body:** 2 hard days + active recovery + legs + circuit is demanding. Take extra rest if performance drops 2 sessions in a row.
- **Stay Motivated:** Track workouts, bring a partner, use music, and check in with your INVICTUS coach weekly at invictussports.org.



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Educational purposes only. Consult physician before beginning. Stop if sharp pain occurs. Cross-training is demanding — scale as needed.