



12 WEEK POWER / STRENGTH

BUILDING PROGRAM — FULL SPECIFIC VERSION

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Every Week, Every Set, Every % — Nothing Summarized.

Your original file had 3 phases (80%, 85%, 90%) but no weekly breakdown. This rebuilt version includes the **exact sets, reps, and % for every session** plus a **weekly progression table** showing how to add 5-10 lbs each week, and what to do if you stall. Train 3x/week full-body: Mon/Wed/Fri.

WEEKS 1-4: BASE PHASE

80% of 1RM — 3x5, 1x5 Deadlift, 3xAMRAP Pull-Ups

EXERCISE	SETS	REPS	% 1RM	REST	EXAMPLE @ 300lb 1RM Squat / 225lb Bench
Squat	3	5	80%	3-4 min	Week 1: 240lb x5, Wk2: 245lb x5, Wk3: 250lb x5, Wk4: 255lb x5 (if 300lb 1RM)
Bench Press	3	5	80%	3 min	Week 1: 180lb x5, Wk2: 185lb x5, Wk3: 190lb x5, Wk4: 195lb x5 (if 225lb 1RM)
Deadlift	1	5	80%	3-4 min	Week 1: 240lb x5 → Week 4: 255lb x5
Overhead Press	3	5	80%	2-3 min	Add 1-2 reps per week: Wk1 5,5,5 → Wk4 7,6,6
Pull-Ups	3	AMRAP	80% Effort	2 min	Wk1: 8,7,6 → Wk4: 10,9,8 — add weight when 12+

WEEKS 5-8: STRENGTH PHASE

85% of 1RM — 3x3-5, heavier load

EXERCISE	SETS	REPS	% 1RM	REST	EXAMPLE @ 300lb 1RM Squat / 225lb Bench
Squat	3	3-5	85%	3-4 min	Week 5: 255lb x5, Wk6: 260lb x4, Wk7: 265lb x3-4, Wk8: 270lb x3-4

Bench Press	3	3-5	85%	3 min	Week 5: 190lb x5 → Week 8: 205lb x3-4
Deadlift	1	3-5	85%	3-4 min	Week 5: 255lb x5 → Week 8: 270lb x3-4
Overhead Press	3	3-5	85%	2-3 min	Lower reps, heavier — maintain 3-5 range
Pull-Ups	3	AMRAP	85% Effort	2-3 min	Weighted if bodyweight >12 — aim for 6-10 reps heavy

WEEKS 9-12: PEAK POWER PHASE

90% of 1RM — 3x1-3, maximal strength

EXERCISE	SETS	REPS	% 1RM	REST	EXAMPLE @ 300lb 1RM Squat / 225lb Bench
Squat	3	1-3	90%	4 min	Week 9: 270lb x3, Wk10: 275lb x2-3, Wk11: 280lb x1-2, Wk12: 285lb x1-2
Bench Press	3	1-3	90%	3-4 min	Week 9: 202lb x3 → Week 12: 215lb x1-2
Deadlift	1	1-3	90%	4 min	Week 9: 270lb x3 → Week 12: 285lb x1
Overhead Press	3	1-3	90%	3 min	Heavy triples → singles
Pull-Ups	3	AMRAP	90% Effort	3 min	Weighted AMRAP — 3-6 reps heavy

WEEK-BY-WEEK PROGRESSION TABLE — EXACT LOADS

Example based on 300lb Squat, 225lb Bench, 315lb Deadlift 1RMs. Replace with YOUR 1RMs. Add 5-10lb per week on Squat/Bench/Deadlift as prescribed.

WEEK	SQUAT (80→90%)	BENCH (80→90%)	DEADLIFT	OHP / PULL-UPS
1	240 x5x3	180 x5x3	252 x5x1	OHP 95 x5x3 / PU 8,7,6
2	245 x5x3 (+5lb)	185 x5x3 (+5lb)	257 x5x1 (+5lb)	OHP +1-2 reps / PU +1 rep
3	250 x5x3 (+5lb)	190 x5x3 (+5lb)	262 x5x1 (+5lb)	OHP 95 x6,6,5 / PU 9,8,7
4	255 x5x3 (+5lb)	195 x5x3 (+5lb)	267 x5x1 (+5lb)	OHP 95 x7,6,6 / PU 10,9,8
5	263 x3-5x3 (85%)	191 x3-5x3 (85%)	268 x3-5x1	OHP 105 x5x3 / Weighted PU
6	268 x3-5x3 (+5lb)	196 x3-5x3 (+5lb)	273 x3-5x1 (+5lb)	OHP +1 rep
7	273 x3-4x3 (+5lb)	201 x3-4x3 (+5lb)	278 x3-4x1 (+5lb)	OHP / PU maintain
8	278 x3-4x3 (+5lb)	206 x3-4x3 (+5lb)	283 x3-4x1 (+5lb)	Deload check
9	270 x3x3 (90%)	203 x3x3 (90%)	284 x3x1 (90%)	Heavy — RPE 8.5-9
10	275 x2-3x3 (+5lb)	208 x2-3x3 (+5lb)	289 x2-3x1 (+5lb)	Heavy
11	280 x1-2x3 (+5lb)	213 x1-2x3 (+5lb)	294 x1-2x1 (+5lb)	Near max
12	285 x1-2x3 (+5lb)	218 x1-2x3 (+5lb)	299 x1-2x1 (+5lb)	Test new 1RM next week

DELOAD & FAILURE PROTOCOL (FULLY INCLUDED)

- If you fail to hit prescribed reps for 2 sessions in a row, deload that lift by 10% and rebuild. Example: Squat stalled at 280 → drop to 252 and progress again.
 - Increase Squat/Bench/Deadlift by 5-10lb each week. Increase OHP/Pull-Ups by 1-2 reps per week. When OHP hits 3x8 or Pull-Ups 3x12, add 5lb.
 - Benefits: Builds muscle and strength, improves power output, progressive overload ensures continuous progress.
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COACHING NOTES

- 3 days/week is enough — 4 recovery days. Sleep 7-9 hrs, protein 0.8-1g/lb.
- Warm-up: Bike 5 min + Bar x10, 50% x5, 70% x3, then work sets.
- After Week 12: Test new 1RMs, deload 1 week at 60%, restart with new numbers or move to PPL Hybrid at invictussports.org.



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