



THREE DAY MUSCLE HYPERTROPHY PROGRAM

INVICTUS SPORTS PERFORMANCE & FITNESS • invictussports.org

Maximum results. Minimal days. Built for the busy but unconquered.

This 3-day full-body split is designed to maximize muscle growth when you can only train three times per week. Each session hits major muscle groups with optimal volume, compound focus, and strategic accessory work. Train on non-consecutive days (e.g., Mon/Wed/Fri) for best recovery.

PROGRAM GUIDELINES

- **Frequency:** 3 days/week (Mon/Wed/Fri or Tue/Thu/Sat) • **Rest:** 60-90 sec hypertrophy, 2-3 min compounds
- **Tempo:** 2 sec down, 1 sec pause, 1 sec up • **Progression:** Hit top of rep range on all sets → add 2.5-5%
- **Warm-up:** 5-10 min + 1-2 ramp sets on first compound of each day • **Perfect for:** Beginners to intermediate, busy schedules

DAY 1: CHEST & TRICEPS — PUSH FOCUS

EXERCISE	SETS x REPS	COACHING CUE
Bench Press	3 x 8-12	Foundation push. Retract scapula, slight arch, feet planted.
Incline Dumbbell Press	3 x 10-12	30-45° incline. Stretch at bottom, squeeze at top.
Dumbbell Flyes	3 x 10-12	Slight elbow bend. Open chest, control negative.
Triceps Pushdowns	3 x 10-12	Elbows tucked to ribs. Full extension, no momentum.

Overhead Triceps Extensions	3 x 10-12	DB or cable. Deep stretch overhead.
-----------------------------	-----------	-------------------------------------

DAY 2: BACK & BICEPS — PULL FOCUS

EXERCISE	SETS x REPS	COACHING CUE
Pull-Ups	3 x Failure	Wide or neutral. Add weight when you hit 12+ reps.
Barbell Rows	3 x 8-12	Hinge 45°, neutral spine, pull to lower ribs.
Seated Cable Rows	3 x 10-12	Chest tall, drive elbows back, squeeze 1 sec.
Bicep Curls	3 x 10-12	Barbell or DB. No swinging — strict form.
Hammer Curls	3 x 10-12	Neutral grip. Hits brachialis for arm thickness.

DAY 3: LEGS & SHOULDERS — FOUNDATION + CAP

EXERCISE	SETS x REPS	COACHING CUE
Squats	3 x 8-12	Primary leg builder. Depth to parallel+, brace core.
Deadlifts	1 x 5	Conventional. Heavy but perfect form — not to failure.
Leg Press	3 x 10-12	Feet shoulder width. Control down, drive through heels.
Hamstring Curls	3 x 10-12	Lying or seated. Pause 1 sec at peak contraction.
Calf Raises	3 x 15-20	Standing. Full stretch + hard contraction.
Overhead Press	3 x 8-12	Barbell or DB. No back arch, press straight up.
Lateral Raises	3 x 10-12	Slight bend, lead with elbows, not hands.
Front Raises	3 x 10-12	Plate or DB. Control eccentric.

COACHING NOTES FROM INVICTUS

- **Why 3-Day Works:** You hit each muscle 1x/week with high quality volume — perfect for recovery and growth on a tight schedule.
- **Progressive Overload:** Log your lifts. When you hit 12,12,12 on bench last week, add 5 lbs this week.
- **Recovery is Non-Negotiable:** 7-9 hrs sleep, 0.8-1g protein per lb, hydration. Muscles grow outside the gym.
- **Form > Ego:** Unconquered means unbreakable. If form breaks, drop weight.
- **Next Step:** After 8-12 weeks on this, graduate to our 4-Day Hypertrophy or 8-Week Push/Pull/Legs program at invictussports.org.



INVICTUS SPORTS PERFORMANCE & FITNESS

UNCONQUERED. UNBREAKABLE. INVICTUS.

invictussports.org | [@invictus__unconquered](#) | 3-Day Hypertrophy — Client Resource

Educational purposes only. Consult physician before beginning. Stop if pain occurs. Results vary based on effort, nutrition, and consistency.