

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Here's a comprehensive 12-week weight lifting program designed for a college-level soccer player in the off-season. This program focuses on building strength, speed, and jumping power through compound movements and isolation exercises. The program is structured to be performed four times a week.

Week 1-4: Foundation Phase

Day 1: Upper Body Strength

- **Bench Press:** 4 sets of 6-8 reps (2-3 minutes rest)
- **Pull-Ups:** 4 sets of 6-8 reps (2-3 minutes rest)
- **Overhead Press:** 3 sets of 8-10 reps (2 minutes rest)
- **Bent Over Rows:** 3 sets of 8-10 reps (2 minutes rest)
- **Bicep Curls:** 3 sets of 10-12 reps (1.5 minutes rest)
- **Tricep Dips:** 3 sets of 10-12 reps (1.5 minutes rest)

Day 2: Lower Body Strength

- **Squats:** 4 sets of 6-8 reps (3 minutes rest)
- **Deadlifts:** 4 sets of 6-8 reps (3 minutes rest)
- **Leg Press:** 3 sets of 10-12 reps (2 minutes rest)
- **Hamstring Curls:** 3 sets of 10-12 reps (1.5 minutes rest)
- **Calf Raises:** 3 sets of 15 reps (1.5 minutes rest)

Day 3: Power and Speed

- **Power Cleans:** 4 sets of 4-6 reps (3 minutes rest)
- **Push Press:** 4 sets of 4-6 reps (2-3 minutes rest)
- **Box Jumps:** 3 sets of 10 reps (2 minutes rest)
- **Sled Pushes:** 3 sets of 20 meters (2 minutes rest)
- **Plyometric Lunges:** 3 sets of 10 reps per leg (1.5 minutes rest)

Day 4: Full Body and Isolation

- **Hex Bar Deadlifts:** 4 sets of 6-8 reps (3 minutes rest)
- **Incline Dumbbell Press:** 3 sets of 8-10 reps (2 minutes rest)
- **Lat Pulldowns:** 3 sets of 10-12 reps (2 minutes rest)
- **Lateral Raises:** 3 sets of 12-15 reps (1.5 minutes rest)
- **Plank:** 3 sets of 1 minute (1 minute rest)
- **Russian Twists:** 3 sets of 20 reps (1.5 minutes rest)

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Week 5-8: Strength and Power Phase

Day 1: Upper Body Strength

- **Bench Press:** 5 sets of 5 reps (3 minutes rest)
- **Pull-Ups:** 5 sets of 5 reps (3 minutes rest)
- **Overhead Press:** 4 sets of 6-8 reps (2-3 minutes rest)
- **Bent Over Rows:** 4 sets of 6-8 reps (2-3 minutes rest)
- **Bicep Curls:** 4 sets of 8-10 reps (2 minutes rest)
- **Tricep Dips:** 4 sets of 8-10 reps (2 minutes rest)

Day 2: Lower Body Strength

- **Squats:** 5 sets of 5 reps (3 minutes rest)
- **Deadlifts:** 5 sets of 5 reps (3 minutes rest)
- **Leg Press:** 4 sets of 8-10 reps (2-3 minutes rest)
- **Hamstring Curls:** 4 sets of 8-10 reps (2 minutes rest)
- **Calf Raises:** 4 sets of 12 reps (2 minutes rest)

Day 3: Power and Speed

- **Power Cleans:** 5 sets of 3-5 reps (3 minutes rest)
- **Push Press:** 5 sets of 3-5 reps (3 minutes rest)
- **Box Jumps:** 4 sets of 8 reps (2-3 minutes rest)
- **Sled Pushes:** 4 sets of 20 meters (2 minutes rest)
- **Plyometric Lunges:** 4 sets of 8 reps per leg (2 minutes rest)

Day 4: Full Body and Isolation

- **Hex Bar Deadlifts:** 5 sets of 5 reps (3 minutes rest)
- **Incline Dumbbell Press:** 4 sets of 6-8 reps (2-3 minutes rest)
- **Lat Pulldowns:** 4 sets of 8-10 reps (2-3 minutes rest)
- **Lateral Raises:** 4 sets of 10-12 reps (2 minutes rest)
- **Plank:** 4 sets of 1 minute (1 minute rest)
- **Russian Twists:** 4 sets of 16 reps (2 minutes rest)

Week 9-12: Peak Phase

Day 1: Upper Body Strength

- **Bench Press:** 6 sets of 4 reps (3 minutes rest)
- **Pull-Ups:** 6 sets of 4 reps (3 minutes rest)
- **Overhead Press:** 5 sets of 5 reps (2-3 minutes rest)

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- **Bent Over Rows:** 5 sets of 5 reps (2-3 minutes rest)
- **Bicep Curls:** 5 sets of 6-8 reps (2 minutes rest)
- **Tricep Dips:** 5 sets of 6-8 reps (2 minutes rest)

Day 2: Lower Body Strength

- **Squats:** 6 sets of 4 reps (3 minutes rest)
- **Deadlifts:** 6 sets of 4 reps (3 minutes rest)
- **Leg Press:** 5 sets of 6-8 reps (2-3 minutes rest)
- **Hamstring Curls:** 5 sets of 6-8 reps (2 minutes rest)
- **Calf Raises:** 5 sets of 10 reps (2 minutes rest)

Day 3: Power and Speed

- **Power Cleans:** 6 sets of 3 reps (3 minutes rest)
- **Push Press:** 6 sets of 3 reps (3 minutes rest)
- **Box Jumps:** 5 sets of 6 reps (2-3 minutes rest)
- **Sled Pushes:** 5 sets of 20 meters (2 minutes rest)
- **Plyometric Lunges:** 5 sets of 6 reps per leg (2 minutes rest)

Day 4: Full Body and Isolation

- **Hex Bar Deadlifts:** 6 sets of 4 reps (3 minutes rest)
- **Incline Dumbbell Press:** 5 sets of 5 reps (2-3 minutes rest)
- **Lat Pulldowns:** 5 sets of 6-8 reps (2-3 minutes rest)
- **Lateral Raises:** 5 sets of 8-10 reps (2 minutes rest)
- **Plank:** 5 sets of 1 minute (1 minute rest)
- **Russian Twists:** 5 sets of 12 reps (2 minutes rest)

Notes:

- **Warm-Up:** Always start with a 10-15 minute dynamic warm-up to prepare your muscles and joints.
- **Cool Down:** Finish each session with a 10-minute cool down, including stretching and foam rolling.
- **Progression:** Gradually increase the weight each week to continue challenging your muscles.
- **Rest:** Ensure adequate rest and recovery between workouts to prevent overtraining.

Feel free to adjust the program based on individual needs and progress. Good luck with your training! 🏋️⚽