



FOUR DAY FOOTBALL STRENGTH TRAINING PROGRAM

ADVANCED STRENGTH, HYPERTROPHY & CORE POWER

This comprehensive 4-day split program is tailored for football players aiming to maximize upper and lower body strength, build hypertrophy, and bulletproof their core stability.

DAY 1: LOWER BODY STRENGTH

EXERCISE	SETS & REPS
Squats	3 sets of 5-8 repetitions
Deadlifts	3 sets of 5 repetitions
Leg Press	3 sets of 10-12 repetitions
Hamstring Curls	3 sets of 10-12 repetitions
Calf Raises	3 sets of 15-20 repetitions

DAY 2: UPPER BODY PUSH

EXERCISE	SETS & REPS
Bench Press	3 sets of 5-8 repetitions
Overhead Press	3 sets of 5-8 repetitions
Push-Ups	3 sets to failure
Dips	3 sets to failure
Tricep Extensions	3 sets of 10-12 repetitions

DAY 3: UPPER BODY PULL

EXERCISE	SETS & REPS
Pull-Ups	3 sets to failure

EXERCISE	SETS & REPS
Rows	3 sets of 10-12 repetitions
Lat Pulldowns	3 sets of 10-12 repetitions
Bicep Curls	3 sets of 10-12 repetitions
Hammer Curls	3 sets of 10-12 repetitions

DAY 4: CORE POWER & STABILITY

EXERCISE	SETS & REPS
Plank	1 minute hold
Side Plank	30 seconds per side hold
Bird Dog	10 repetitions per side
Russian Twists	3 sets of 15 repetitions
Hanging Leg Lifts	3 sets of 15 repetitions

PROGRAM GUIDELINES

- **Warm-Up:** Always start with 10-15 minutes of dynamic stretching and light cardio.
- **Cool-Down:** Finish with static stretching and foam rolling to enhance recovery.
- **Progression:** Gradually increase resistance or intensity as strength improves while maintaining strict form.

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This program is for educational purposes. Consult a physician before beginning any new exercise routine. Stop if you experience pain. Results vary based on individual effort and consistency.