

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Intensive / Extensive Neurological Split

The Intensive/Extensive split is an exceptional tool for medicalized fitness. By undulating the stress applied to the central nervous system (CNS) and the joints, you allow for high-force adaptation without the systemic burnout.

Day 1: Intensive Lower (High CNS / Axial Focus)

Primary Goal: Maximum motor unit recruitment and force production.

Clinical Focus: These movements require heavy bracing and axial loading. The goal is mechanical tension, so rest periods must be strictly adhered to in order to allow full ATP-CP system recovery.

Exercise	Sets	Reps	Rest	Execution Notes
Trap Bar Deadlift	4	4-6	3-4 min	Neutral spine, drive the floor away. Trap bar reduces shear stress vs. straight bar.
Barbell Front Squat	4	4-6	3 min	Maintains an upright torso, shifting the load directly to the quads and anterior core.
Heavy Romanian Deadlift	3	6-8	3 min	Soft knees, hinge deeply to stretch the hamstrings.
Heavy Farmer's Carries	4	40 yards	2 min	Total-body tension. Keep the ribcage down and shoulders packed.

Day 2: Extensive Upper (Low CNS / Tissue Focus)

Primary Goal: Cellular swelling, metabolic stress, and hypertrophy.

Clinical Focus: The CNS is recovering from Day 1. Remove systemic stabilization demands by using machines, cables, and supported positions. Focus purely on the mind-muscle connection and taking the targeted tissue near failure.

Exercise	Sets	Reps	Rest	Execution Notes
Chest-Supported T-Bar Row	3	12-15	90 sec	Let the scapula protract at the bottom for a deep stretch.
Machine Incline Press	3	10-12	90 sec	Constant tension, stop just short of lockout to keep stress on the pecs.
Lat Pulldown (Neutral Grip)	3	12-15	90 sec	Drive the elbows straight down to the hips.

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Exercise	Sets	Reps	Rest	Execution Notes
Cable Lateral Raises	3	15-20	60 sec	Light weight, continuous sweeping motion.
Triceps Rope Pushdowns	3	12-15	60 sec	Lock the elbows to the ribs.
Cable Hammer Curls	3	12-15	60 sec	Squeeze hard at the peak contraction.

Wednesday: Active Recovery

No loading. Emphasize parasympathetic activities: zone 2 cardio (20-30 minutes), mobility work, or deliberate thermal exposure (sauna/cold plunge).

Day 3: Intensive Upper (High CNS / Power Focus)

Primary Goal: Upper-body power production and heavy mechanical tension.

Clinical Focus: Returning to high-threshold motor unit recruitment. Movements are multi-joint, unsupported, and require total-body stabilization.

Exercise	Sets	Reps	Rest	Execution Notes
Barbell Push Press	4	4-6	3 min	Use leg drive to initiate; focus on a strong, locked-out overhead position.
Weighted Pull-ups	4	4-6	3 min	Strict form. If unable to load, use slow eccentrics on bodyweight reps.
Pendlay Rows	4	6-8	3 min	Reset on the floor every rep to eliminate momentum.
Weighted Dips	3	6-8	2-3 min	Slight forward lean to bias the lower pecs.

Day 4: Extensive Lower (Low CNS / Unilateral Focus)

Primary Goal: Blood flow, joint health, and addressing structural asymmetries.

Clinical Focus: Zero spinal loading. This session uses unilateral movements and machines to create extreme local fatigue in the legs while keeping the nervous system totally relaxed.

Exercise	Sets	Reps	Rest	Execution Notes
Bulgarian Split Squats	3	12-15/leg	90 sec	Use light dumbbells. Keep constant tension; do not lock out the front knee.

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Exercise	Sets	Reps	Rest	Execution Notes
Seated Leg Extensions	3	15-20	60 sec	2-second pause at maximum extension.
Lying Leg Curls	3	12-15	60 sec	Keep the hips pinned hard into the pad to prevent lumbar compensation.
Sled Pushes	4	30 yards	90 sec	High aerobic demand. Keep the arms straight and drive entirely through the forefoot.
Seated Calf Raises	3	15-20	60 sec	Bias the soleus; use a full range of motion.