



PUSH / PULL / LEGS

8-WEEK HYPERTROPHY & STRENGTH PROGRAM

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Built for the unconquered. 6 Days On. 1 Day Off. Heavy + Light Undulation.

This is a progressive 8-week system designed to build muscle and strength simultaneously. You will alternate **Heavy Days (strength focus, heavier weight, 90-120s rest)** and **Light Days (hypertrophy focus, higher reps, intense mind-muscle connection, supersets)**. Each 2-week block adds volume — follow the sets progression in the tables.

HOW TO USE: Repeat Days 1-7 for each week. Day 7 is active recovery. If you miss a day, do not skip — continue where you left off. Log every lift. When you hit the top of the rep range with perfect form, add weight next session.

PROGRAM STRUCTURE & RULES

- **Split:** Day 1 Heavy Legs | Day 2 Heavy Push (Chest Focus) | Day 3 Heavy Pull (Back Focus) | Day 4 Light Legs | Day 5 Light Push | Day 6 Light Pull | Day 7 Rest
- **Progression:** Wks 1-2 = Base (3 sets) | Wks 3-4 = Volume (4 sets) | Wks 5-8 = Peak (5 sets on compounds, 4 sets on accessories)
- **Supersets*:** Perform exercises back-to-back with 30s rest between superset pairs, then rest as prescribed.
- **BFR Sets:** Blood Flow Restriction — use 30-40% normal weight, 20 reps, 30s rest. For advanced athletes — substitute with standard 12-15 rep set if no BFR cuffs.
- **Equipment Key:** Barbell, Dumbbell, Machine, Cable, Smith Machine, Bodyweight, EZ-Bar

DAY 1 — HEAVY LEGS // STRENGTH FOUNDATION

EXERCISE	TYPE	EQUIP	SETS W1-2 W3-4 W5-8	REPS	RES T
Barbell Squats	Straight	Barbell	3 4 5	5	120s
Nordic Glute Ham Raise	Straight	Machine	3 4 5	5	120s
Leg Press	Straight	Machine	3 4 5	6	120s

EXERCISE	TYPE	EQUIP	SETS W1-2 W3-4 W5-8	REPS	RES T
Step Up	Straight	DB/Other	3 4 4	8 /leg	90s
Leg Extension	Straight	Machine	3 4 4	8	90s
Smith Machine Calf Raise	Straight	Smith	4 5 5	12	90s

DAY 2 — HEAVY UPPER PUSH // CHEST FOCUS

EXERCISE	TYPE	EQUIP	SETS W1-2 W3-4 W5-8	REPS	RES T
Bench Press	Straight	Barbell	3 4 5	5	120s
Standing Overhead Press	Straight	Barbell	3 4 5	5	120s
Incline Dumbbell Press	Straight	Dumbbell	3 4 5	6	120s
Dumbbell Lateral Raise	Straight	Dumbbell	3 4 4	10	90s
Dips	Straight	BW	3 4 4	10	90s
Dumbbell Fly	Straight	Dumbbell	3 4 4	10	90s
BFR Cable Triceps Extension	Straight	Cable	4 5 5	20	30s

DAY 3 — HEAVY UPPER PULL // BACK FOCUS

EXERCISE	TYPE	EQUIP	SETS W1-2 W3-4 W5-8	REPS	RES T
T-Bar Row	Straight	Barbell	3 4 5	6	120s
Pull-Ups	Straight	BW	3 4 5	8	120s
Seal Row	Straight	Barbell	3 4 5	8	120s
Lat Pulldown	Straight	Cable	3 4 4	8	120s
Reverse Fly	Straight	Dumbbell	3 4 4	10	90s
BFR Preacher Curl	Straight	EZ-Bar	4 5 5	20	30s

LIGHT DAYS — HYPERTROPHY & MIND-MUSCLE CONNECTION

Don't let the word 'light' fool you. Lighter weight, higher reps, intense contraction, supersets. Focus on the squeeze, not the load.

DAY 4 — LIGHT LEGS

EXERCISE	TYPE	EQUIP	SETS W1-2 W3-4 W5-8	REPS	RES T
Front Squat	Straight	Barbell	3 3 4	15	90s
Single Leg Leg Press	Straight	Machine	3 3 4	15	60s
Walking Pulse Lunge	Straight	Dumbbell	3 3 4	10 /leg	60s
Dumbbell RDL	Straight	Dumbbell	3 3 3	15	60s
Single Leg Extension	Straight	Machine	3 3 3	15	45s
Seated Calf Raise	Superset	Machine	3 3 3	15	30*s
Donkey Calf Raise	Superset	BW	4 4 4	15	30*s

DAY 5 — LIGHT UPPER PUSH

EXERCISE	TYPE	EQUIP	SETS W1-2 W3-4 W5-8	REPS	RES T
Flat Dumbbell Chest Press	Straight	Dumbbell	3 4 4	10	90s
Incline Smith Machine Press	Superset	Smith	2 3 4	12	30*s
Standing Dumbbell OH Press	Superset	Dumbbell	2 3 4	12	30*s
Close Grip Machine Chest Press	Superset	Machine	2 3 4	12	30*s
Lateral Dumbbell Raise	Superset	Dumbbell	2 3 4	12	30*s
Cable Fly	Superset	Cable	2 3 4	15	30*s
Dumbbell Front Raise	Superset	Dumbbell	2 3 4	15	30*s
Barbell Skull Crusher	Straight	EZ-Bar	2 3 4	15	60s
Cable Rope Extension	Straight	Cable	3 3 3	15	60s
Cable Triceps Kickback	Straight	Cable	3 3 3	15	60s

DAY 6 — LIGHT UPPER PULL

EXERCISE	TYPE	EQUIP	SETS W1-2 W3-4 W5-8	REPS	RES T
Rack Pull	Straight	Barbell	3 4 5	10	90s
Assisted Pull-Up	Straight	Machine	3 4 4	12	60s
Seated Cable Row	Straight	Machine	3 4 4	15	60s
Close Grip Lat Pulldown	Straight	Machine	3 4 4	15	60s
Underhand Cable Row	Superset	Machine	2 3 3	20	30*s
Straight Arm Pulldown	Superset	Machine	2 3 3	20	30*s

EXERCISE	TYPE	EQUIP	SETS W1-2 W3-4 W5-8	REPS	RES T
Reverse Cable Fly	Straight	Machine	3 4 4	15	60s
Incline Dumbbell Curl	Superset	Dumbbell	2 3 3	15	30*s
Standing Barbell Curl	Superset	Barbell	2 3 3	15	30*s
Preacher Curl	Superset	Machine	2 3 3	15	30*s
Standing DB Hammer Curl	Superset	Dumbbell	2 3 3	15	30*s

DAY 7 — REST & RECOVERY

You've earned it. Stay active outside the gym, foam roll, static stretch, hydrate, sleep 7-9 hours, hit protein target (0.8-1g per lb), and prepare for next week's volume increase. No gym — recovery is growth.

COACHING NOTES & COMPLETION

- **Track Everything:** Use this sheet to log weight, reps, and RPE. Progressive overload wins.
- **Form > Ego:** Heavy days are heavy but never at the expense of form. We build unconquered athletes, not injuries.
- **Superset Execution:** * = Perform back-to-back, 30s rest between pairs.
- **Nutrition:** Slight surplus for hypertrophy, 0.8-1g protein/lb, 3-5g creatine daily.
- **Finish Strong:** After Week 8, deload 1 week at 50% volume, then restart or transition to next INVICTUS block.

CONGRATULATIONS! You just completed one of the most challenging 8-week programs you will ever put your body through. Now go get a nasty pump, flex, and proudly take that selfie — you earned it. **#NEVERSTOPEVOLVING**



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