

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

Here's a comprehensive 12-week weight lifting program designed for college-level soccer players who are in-season. This program focuses on maintaining strength, power, and speed through compound movements and isolation exercises. The program is structured to be performed three times a week.

## Week 1-12: In-Season Maintenance Phase

### Day 1: Upper Body and Core

- **Bench Press:** 3 sets of 6-8 reps (2-3 minutes rest)
- **Pull-Ups:** 3 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)
- **Plank:** 3 sets of 1 minute (1 minute rest)
- **Russian Twists:** 3 sets of 20 reps (1.5 minutes rest)

### Day 2: Lower Body and Power

- **Squats:** 3 sets of 6-8 reps (3 minutes rest)
- **Deadlifts:** 3 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)
- **Box Jumps:** 3 sets of 10 reps (2 minutes rest)
- **Sled Pushes:** 3 sets of 20 meters (2 minutes rest)

### Day 3: Full Body and Speed

- **Hex Bar Deadlifts:** 3 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)
- **Power Cleans:** 3 sets of 4-6 reps (3 minutes rest)
- **Push Press:** 3 sets of 4-6 reps (2-3 minutes rest)
- **Plyometric Lunges:** 3 sets of 10 reps per leg (1.5 minutes rest)

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## 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:** Maintain the weight throughout the season to avoid overtraining and ensure recovery.
- **Rest:** Ensure adequate rest and recovery between workouts to prevent fatigue and injury.

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