

“TRANSFORM YOUR LIFESTYLE”

NOVA  
FIT<sup>TM</sup>

# GLUTE FOCUSED

## ADVANCED 3 DAY PLAN

HYPERTROPY  
SERIES



Warm up

5 Minutes light cardio aiming to raise heart rate to 100 - 130bpm

Leg Swings

Cat-Cow stretch

Cobra stretch

Toe touches

Standing quad stretch

Lunging hip flexor stretch

**DAY 1 LOWER BODY WORKOUT**

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Barbell Squat	2	5	7	3 Minutes	
Barbell Squat	3	8	8	2 - 3 Minutes	
Romanian Deadlift	3	6 - 8	8	2 - 3 Minutes	
Barbell Hip Thrust	3	12 - 15	8	1 - 2 Minutes	
Quad Extension	3	12 - 15	8	1 - 2 Minutes	
Hip Abduction Machine	3	25 - 30	8	1 - 2 Minutes	
Cable Glute Kickback	3	15 - 20	8	1 - 2 Minutes	
Banded Side Walk	2	40	8	1 - 2 Minutes	
Frog Pumps	2	30 - 50	8	1 - 2 Minutes	

### Warm up

5 Minutes light cardio aiming to raise heart rate to 100 - 130bpm

Dynamic chest wall stretch

Cat-Cow stretch

Childs Pose

Cobra stretch

15 shoulder swings each side

2 - 3 Acclimation sets of the primary exercise

## DAY 2 UPPER BODY WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Cable Chest Fly	3	15	8	2 - 3 Minutes	
Lat Pulldown	3	10 - 12	8	2 - 3 Minutes	
Standing Shoulder Press	4	8	98	2 - 3 Minutes	
Seated Cable Row	3	15	8	1 - 2 Minutes	
Cable Lateral Raise	3	15	8	1 - 2 Minutes	
Face Pulls	4	15	8	1 - 2 Minutes	
Tricep Pushdown	3	10	8	1 - 2 Minutes	
Standing Bicep Curl	3	15	8	1 - 2 Minutes	

### DISCLAIMER

The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem

Always consult your physician or qualified health professional on any matters regarding your health. Use of the information in this program is strictly at your own risk.

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