

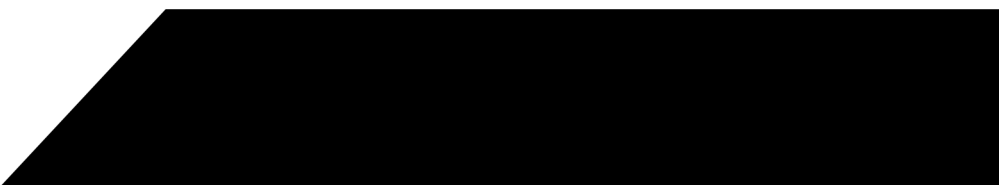
“TRANSFORM YOUR **LIFESTYLE**”

NOVA**FIT**TM

MUSCLE GROWTH

ADVANCED 2 DAY PLAN

**HYPERTROPY
SERIES**



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 1 UPPER WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Barbell Bench Press	3	8	8	2 - 3 Minutes	
Lat Row	3	8	8	2 - 3 Minutes	
Cable Crossovers	3	10 - 15	8	2 - 3 Minutes	
Pull-ups/ Lat Pulldowns	3	8	8	2 - 3 Minutes	
Facepulls	3	8	8	2 - 3 Minutes	
Standing Bicep Curls	3	8	8	2 - 3 Minutes	
Overhead Press	2	8	8	2 - 3 Minutes	
Tricep Pushdown	3	8	8	2 - 3 Minutes	

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

2 - 3 Acclimation sets of the primary exercise

DAY 2 LOWER WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Barbell Squats	3	3	8 - 9	3 - 5 Minutes	
Romanian Deadlifts	3	8	8	2 - 3 Minutes	
Bulgarian Split Squats	3	8	8	2 - 3 Minutes	
Hamstring Curl	3	8	8	2 - 3 Minutes	
Quad Extension	3	8	8	2 - 3 Minutes	
Weighted Calf Raises	4	15	9	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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