

“TRANSFORM YOUR LIFESTYLE”

NOVAFIT<sup>TM</sup>

# MUSCLE GROWTH

BEGINNER 2 DAY PLAN

HYPERTROPY  
SERIES



# BEGINNER HYPERTROPHY

## UPPER, LOWER SPLIT

NOVAFIT<sup>TM</sup>

### 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 primary exercise

## DAY 1 UPPER WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Incline Dumbbell Press	4	10	8	2 - 3 Minutes	
Lat Row	4	10	8	2 - 3 Minutes	
Decline Cable Crossovers	3	15	8	1 - 2 Minutes	
Straight-arm Lat Pulldown	3	10	8	2 - 3 Minutes	
Dumbbell Shoulder Press	3	8	8	2 - 3 Minutes	
Side Lateral Raises	3	15	8	1 - 2 Minutes	

# BEGINNER HYPERTROPHY

## UPPER, LOWER SPLIT

NOVAFITT™

### 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 primary exercise

## DAY 2 LOWER WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	Notes
Machine Leg Press	3	10	8	2 - 3 Minutes	
Kettlebell Romanian Deadlift	3	10	8	2 - 3 Minutes	Or Dumbbell
Machine Leg Extension	4	15	8	1 - 2 Minutes	
Machine Hamstring Curl	4	15	8	1 - 2 Minutes	
Weighted Calf Raises	3	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.

NOVAFITT will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness or death.