

“TRANSFORM YOUR LIFESTYLE”

NOVAFITTM

GLUTE FOCUSED

BEGINNER 3 DAY PLAN

HYPERTROPY
SERIES



BEGINNER HYPERTROPHY

UPPER, LOWER SPLIT

NOVAFITTM

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 LEG WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Leg Press	3	10	8 - 9	2 - 3 Mintutes	
Kettlebell Deadlifts	4	10	8	2 - 3 Mintutes	
Donkey Kicks	3	15	8	2 - 3 Mintutes	
Leg Extension	3	15	8	2 - 3 Mintutes	
Leg Curl	4	10	8	2 - 3 Mintutes	

BEGINNER HYPERTROPHY

UPPER, LOWER SPLIT

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
Lat Pulldown	3	8	8	2 - 3 Minutes	
Incline Dumbbell Press	3	8	8	2 - 3 Minutes	
Lat Row	3	8	8	2 - 3 Minutes	
Dumbbell Shoulder Press	3	8	8	2 - 3 Minutes	
Facepulls	3	15	9	1 - 3 Minutes	

BEGINNER HYPERTROPHY

UPPER, LOWER SPLIT

NOVAFITT™

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 3 LEG WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Kettlebell Squats	3	10	8	2 - 3 Mintutes	
Kettlebell Deadlifts	4	10	8	2 - 3 Mintutes	
Hip Abduction Machine	3	15	8	2 - 3 Mintutes	
Leg Extension	3	15	8	2 - 3 Mintutes	

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.