

“TRANSFORM YOUR LIFESTYLE”

NOVAFITTM

MUSCLE GROWTH

INTERMEDIATE 4 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 |
|--------------------------|------|------|-------|---------------|-------|
| Flat Bench Press | 3 | 3 | 8 - 9 | 3 - 5 Minutes | |
| Lat Pulldown / Pull-up's | 3 | 8 | 8 | 2 - 3 Minutes | |
| Dumbbell Press | 4 | 8 | 8 | 2 - 3 Minutes | |
| Straight-arm Pulldown | 3 | 10 | 8 | 2 - 3 Minutes | |
| Rear-delt Fly's | 3 | 10 | 8 | 2 - 3 Minutes | |
| Tricep Pushdowns | 4 | 8 | 8 | 2 - 3 Minutes | |
| Decline / Preacher curl | 3 | 8 | 8 | 2 - 3 Minutes | |
| Tricep Cable Kickbacks | 3 | 15 | 9 | 1 - 2 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 | 2 - 3 Minutes | |
| Romanian Deadlift | 3 | 8 | 8 | 2 - 3 Minutes | |
| Quad Extension | 4 | 10 | 8 | 2 - 3 Minutes | |
| Hamstring Curl | 4 | 10 | 8 | 2 - 3 Minutes | |
| Calf Raises | 3 | 15 | 9 | 1 - 3 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 3 UPPER WORKOUT

| EXERCISE NAME | SETS | REPS | RPE | REST TIME | NOTES |
|--------------------------------|------|------|-------|---------------|-------|
| Incline Bench Press | 3 | 3 | 8 - 9 | 3 - 5 Minutes | |
| Dumbbell row/ Machine Row | 3 | 8 | 8 | 2 - 3 Minutes | |
| Chest Fly's | 4 | 15 | 8 | 2 - 3 Minutes | |
| Close Grip Pulldown / Pull-ups | 3 | 10 | 8 | 2 - 3 Minutes | |
| Shoulder Dumbbell Press | 3 | 8 | 8 | 2 - 3 Minutes | |
| Decline Dumbbell Curl | 3 | 8 | 8 | 2 - 3 Minutes | |
| Tricep Kickbacks | 4 | 15 | 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 4 LOWER WORKOUT

| EXERCISE NAME | SETS | REPS | RPE | REST TIME | NOTES |
|------------------------|------|------|-----|---------------|-------|
| Deadlift | 3 | 8 | 8 | 2 - 3 Minutes | |
| Bulgarian Split Squats | 3 | 8 | 8 | 2 - 3 Minutes | |
| Quad Extension | 3 | 8 | 8 | 2 - 3 Minutes | |
| Hamstring Curl | 4 | 10 | 8 | 2 - 3 Minutes | |
| 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.