

“TRANSFORM YOUR LIFESTYLE”

NOVA  
FIT<sup>TM</sup>

# GLUTE FOCUSED

## ADVANCED 5 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 |       |
| Hamstring Curl        | 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 |       |

### 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 |
|---------------------|------|---------|-------|---------------|-------|
| Dumbbell Press      | 3    | 10 - 12 | 8 - 9 | 2 - 3 Minutes |       |
| Lat Pulldown        | 3    | 10 - 12 | 8     | 2 - 3 Minutes |       |
| Seated Cable Row    | 3    | 8       | 8     | 2 - 3 Minutes |       |
| Cable Lateral Raise | 3    | 15      | 8     | 1 - 2 Minutes |       |
| Face Pulls          | 3    | 15      | 8     | 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 3 LOWER BODY WORKOUT

| EXERCISE NAME         | SETS | REPS | RPE | REST TIME     | NOTES |
|-----------------------|------|------|-----|---------------|-------|
| Barbell Hip Thrust    | 3    | 10   | 8   | 2 - 3 Minutes |       |
| Cable Pullthrough     | 3    | 10   | 8   | 1 - 2 Minutes |       |
| Single Leg Hip Thrust | 3    | 15   | 8   | 1 - 2 Minutes |       |
| Cable Glute Kickback  | 3    | 15   | 8   | 1 - 2 Minutes |       |
| Standing Calf Raise   | 3    | 20   | 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 UPPER BODY WORKOUT**

| EXERCISE NAME             | SETS | REPS | RPE | REST TIME     | NOTES |
|---------------------------|------|------|-----|---------------|-------|
| Seated Dumbbell Press     | 3    | 8    | 8   | 2 - 3 Minutes |       |
| Cable Chest Fly           | 3    | 15   | 8   | 2 - 3 Minutes |       |
| Standing Shoulder Press   | 3    | 8    | 9   | 2 - 3 Minutes |       |
| Tricep Pushdown           | 3    | 10   | 8   | 1 - 2 Minutes |       |
| Overhead Tricep Extension | 3    | 15   | 8   | 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 5 GLUTES WORKOUT

| EXERCISE NAME        | SETS | REPS    | RPE | REST TIME     | NOTES |
|----------------------|------|---------|-----|---------------|-------|
| Walking Lunges       | 3    | 30      | 7   | 1 - 2 Minutes |       |
| Cable Glute Kickback | 3    | 15 - 20 | 8   | 1 - 2 Minutes |       |
| Banded Side Walk     | 2    | 40      | 8   | 1 - 2 Minutes |       |
| Banded Hip Abduction | 2    | 20 - 25 | 8   | 1 - 2 Minutes |       |
| Frog Pumps           | 2    | 30 - 50 | 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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