

“TRANSFORM YOUR LIFESTYLE”

NOVAFITTM

MUSCLE GROWTH

ADVANCED 5 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 PUSH WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Barbell Bench Press	3	3	8 - 9	3 - 5 Minutes	
Flat Bench Dumbbell Press	3	8	8	2 - 3 Minutes	
Decline Cable Crossovers	3	10	8	2 - 3 Minutes	
Cable Crossovers	3	10 - 15	8	2 - 3 Minutes	
Overheadhead Dumbbell Press	3	8	8	2 - 3 Minutes	
Side lateral Raises	3	10	8	2 - 3 Minutes	
Tricep Pushdowns	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

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 PULL WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Slow decending Pull up's	3	3	8 - 9	3 - 5 Minutes	
Machine Row	3	8	8	2 - 3 Minutes	
Lat Pulldown's	3	8	8	2 - 3 Minutes	
Bent Over Barbell Row	3	8	8	2 - 3 Minutes	
Straight-arm Pulldown	3	8	8	2 - 3 Minutes	
Shrugs	3	15	8	2 - 3 Minutes	
Face Pulls	3	10	9	1 - 2 Minutes	
Standing Bicep Dumbbell Curl	3	8	8	2 - 3 Minutes	
Seated Dumbbell Curl	2	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 3 LEGS WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Barbell Squats	3	3	8 - 9	3 - 5 Minutes	
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	
Calf Raises	4	15	9	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 PUSH WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Barbell Bench Press	3	3	7.5 - 8.5	2 - 3 Minutes	
Incline Dumbbell Press	3	8	8	2 - 3 Minutes	
Decline Cable Crossovers	3	10	8	2 - 3 Minutes	
Cable Crossovers	3	10 - 15	8	2 - 3 Minutes	
Overheadhead Dumbbell Press	3	8	8	2 - 3 Minutes	
Side lateral Raises	3	10	8	2 - 3 Minutes	
Tricep Pushdowns	3	8	8	2 - 3 Minutes	
Tricep Overhead Extension	3	12	8	2 - 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 5 PULL WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Bent Over Side Dumbbell Row	3	8	7.5 - 8.5	2 - 3 Minutes	
Lat Pulldown's/Pull-Ups	3	8	8	2 - 3 Minutes	
Straight-arm Pulldown	3	8	8	2 - 3 Minutes	
Face Pulls	3	8	8	2 - 3 Minutes	
Standing Bicep Dumbbell Curl	3	10	8	2 - 3 Minutes	
Seated Incline Dumbbell Curl	4	8	8	2 - 3 Minutes	
Single Arm Dumbbell Preacher Curl	3	15	8	2 - 3 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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