

“TRANSFORM YOUR LIFESTYLE”

NOVAFITTM

MUSCLE GROWTH

INTERMEDIATE 5 DAY PLAN

HYPERTROPY
SERIES



INTERMEDIATE HYPERTROPHY

PUSH, PULL, LEGS

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 the primary exercise

DAY 1 PUSH WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Flat Bench Press	3	3	8 - 9	3 - 5 Minutes	
Incline Dumbbell Bench Press	3	8	8	2 - 3 Minutes	
Chest Fly's	4	15	8	2 - 3 Minutes	
Lateral Raises	3	15	9	1 - 2 Minutes	
Tricep Pushdowns	3	8	8	2 - 3 Minutes	
Tricep Kickbacks	3	10	9	2 - 3 Minutes	

INTERMEDIATE HYPERTROPHY

PUSH, PULL, LEGS

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 the primary exercise

DAY 2 PULL WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Dumbbell Row / Machine Row	3	8	8	2 - 3 Minutes	
Dumbbell row / Machine Row	3	8	8	2 - 3 Minutes	
Straight-arm Pulldown	3	10	8	2 - 3 Minutes	
Rear-delt Fly's	4	15	9	1 - 3 Minutes	
Standing Bicep Curl	3	10	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 / Leg Press	3	3	8	2 - 3 Minutes	
Romanian Deadlift	3	8	8	2 - 3 Minutes	
Bulgarian Split Squat	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 - 2 Minutes	

INTERMEDIATE HYPERTROPHY

PUSH, PULL, LEGS

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 the primary exercise

DAY 4 PUSH WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Flat Bench Press	3	8	8	2 - 3 Minutes	
Incline Dumbbell Bench Press	3	8	8	2 - 3 Minutes	
Incline Chest Flys	3	10	8	2 - 3 Minutes	
Dumbbell Shoulder Press	3	8	8	2 - 3 Minutes	
Overhead Tricep Extension	3	10	8	2 - 3 Minutes	

INTERMEDIATE HYPERTROPHY

PUSH, PULL, LEGS

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 the primary exercise

DAY 5 PULL WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Dumbbell Row / Machine Row	3	8	8	2 - 3 Minutes	
Lat Pulldown's / Pull-Ups	3	8	8	2 - 3 Minutes	
Pendlay Row's	3	8	8	2 - 3 Minutes	
Rear-Delt Fly's	4	8	9	1 - 2 Minutes	
Single-arm Dumbbell Preacher Curl	3	10	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.

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.