

“TRANSFORM YOUR LIFESTYLE”

NOVA
FITTM

GLUTE FOCUSED

ADVANCED 6 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	

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 6 UPPER BODY WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Seated Cable Row	3	8	7	2 - 3 Minutes	
Lat Pulldown	3	8 - 10	8	2 - 3 Minutes	
Straight Arm Pulldown	3	10	8	2 - 3 Minutes	
Face Pulls	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.

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