

“TRANSFORM YOUR LIFESTYLE”

NOVAFITTM

MUSCLE GROWTH

BEGINNER 6 DAY PLAN

HYPERTROPY
SERIES



BEGINNER HYPERTROPHY

PUSH, PULL, LEGS SPLIT

NOVAFIT™

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 Dumbbell Press	4	10	8	2 - 3 Minutes	
Decline Cable Crossover	4	10	8	2 - 3 Minutes	
Sitting Dumbbell Shoulder Press	3	10	8	2 - 3 Minutes	
Side Lateral Raises	3	15	9	1 - 2 Minutes	

BEGINNER HYPERTROPHY

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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
Lat Pulldown	3	10	8	2 - 3 Minutes	
Machine Row	3	10	8	2 - 3 Minutes	
Straight-Arm Lat Pulldown	4	15	8	2 - 3 Minutes	
Face Pulls	3	15	9	1 - 2 Minutes	
Bicep Curls	4	10	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 LEGS WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Machine Leg Press	3	10	8	2 - 3 Minutes	
Kettlebell Romanian Deadlift	3	10	8	2 - 3 Minutes	Or Dumbbell
Machine Leg Extension	4	15	8	2 - 3 Minutes	
Machine Hamstring Curl	4	15	8	2 - 3 Minutes	
Weighted Calf Raises	3	15	9	1 - 2 Minutes	

BEGINNER HYPERTROPHY

PUSH, PULL, LEGS SPLIT

NOVAFITTM

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
Incline Dumbbell Press	4	10	8	2 - 3 Minutes	
Incline Cable Crossover	4	10	8	2 - 3 Minutes	
Dumbbell Shoulder Press	3	10	8	2 - 3 Minutes	
Side Lateral Raises	3	15	8	1 - 2 Minutes	

BEGINNER HYPERTROPHY

PUSH, PULL, LEGS SPLIT

NOVAFITTM

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
Machine Row	3	10	8	2 - 3 Minutes	
Lat Pulldowns	3	10	8	2 - 3 Minutes	
Single Arm Bent-Over Row	4	15	8	2 - 3 Minutes	
Straight-Arm Pulldowns	3	15	9	1 - 2 Minutes	
Face Pulls	4	10	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 LEGS WORKOUT

EXERCISE NAME	SETS	REPS	RPE	REST TIME	NOTES
Machine Leg Press	3	10	8	2 - 3 Minutes	
Kettlebell Deadlift	3	10	8	2 - 3 Minutes	Or Dumbbell
Machine Leg Extension	4	15	8	2 - 3 Minutes	
Machine Hamstring Curl	4	15	8	2 - 3 Minutes	
Weighted 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.