

“TRANSFORM YOUR LIFESTYLE”

NOVAFITTM

POWER BUILDING

3 DAY PLAN

STRENGTH
SERIES



Warm up

Leg Swings

Wall chest stretch

Cat-Cow stretch

15 shoulder swings each side

Toe touches

Standing quad stretch

Lunging hip flexor stretch

5 minutes very light cardio

Before starting heavy weighted sets make sure to perform at least 3 to 4 warm up sets prior.

DAY 1 FULL BODY

Exercise name	Sets	Reps	RPE	Notes
Back Squat	1	8	N/A	75% 1RM
Back Squat	2	6	8	
Bench Press	3	8	8	
Bicep Curls	3	8	8	
Pullups or Lat Pulldown	3	8	8	
Quad Extension	3	8	7	

Warm up

Leg Swings

Wall chest stretch

Cat-Cow stretch

15 shoulder swings each side

Toe touches

Standing quad stretch

Lunging hip flexor stretch

5 minutes very light cardio

Before starting heavy weighted sets make sure to perform at least 3 to 4 warm up sets prior.

DAY 2 FULL BODY

Exercise name	Sets	Reps	RPE	Notes
Deadlift	4	2	9	3 - 4 warmup sets
Pause Dead lifts	2	6	8	
Hamstring Curls	2	8	7.5	
Glute Raise	3	5 -8	8	
Tricep pushdown	3	8	8	
Face Pulls	2	10	8	

Warm up

Leg Swings

Wall chest stretch

Cat-Cow stretch

15 shoulder swings each side

Toe touches

Standing quad stretch

Lunging hip flexor stretch

5 minutes very light cardio

Before starting heavy weighted sets make sure to perform at least 3 to 4 warm up sets prior.

DAY 3 FULL BODY

Exercise name	Sets	Reps	RPE	Notes
Bench Press	1	6	8.5	
Bench Press	2	8	7.5	
Back Squat	3	8	7	
Lat Pulldown	4	8	8	
Weighted Dips	3	6	8	
Incline curls	3	8	8	

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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