

“TRANSFORM YOUR LIFESTYLE”

NOVAFITTM

POWER BUILDING

4 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
Deadlift	4	2	9	3-4 warmup sets
Bench Press	1	6	8.5	
Bench Press	2	8	7.5	
Pull-up / Lat pulldown	3	5 -8	8	
Tricep pushdown	3	8	8	

Warm up

Leg Swings

Wall chest stretch

Cat-Cow stretch

15 shoulder swings each side

Toe touches

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
Back Squat	1	8	N/A	75% 1RM
Back Squat	2	6	8	
Overhead Press	3	8	8	
Bicep Curls	3	8	8	
Glute Raise	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 3 FULL BODY

Exercise name	Sets	Reps	RPE	Notes
Pause Deadlifts	4	2	8.5	3-4 warmup sets
Pause Bench Press	4	5	8	
Back Row	4	8	8	
Hamstring Curls	3	8 - 12	8	
Barbell Shrug	3	15	9	
Face Pulls	2	10	8	
Tricep Overhead Press	3	8	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.

DAY 4 FULL BODY

Exercise name	Sets	Reps	RPE	Notes
Back Squat	4	4	9	
Quad Extension	3	8	8	
Calf Raises	3	15	9	
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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