

“TRANSFORM YOUR **LIFESTYLE**”

NOVA**FIT**TM

POWER & STRENGTH

5 DAY PLAN

**STRENGTH
SERIES**



POWER AND STRENGTH

UPPER, LOWER SPLIT

NOVAFITTM

Warm up

Wall chest stretch

Cat-Cow stretch

Childs Pose

Cobra stretch

15 shoulder swings each side

5 minutes very light cardio

Before starting any exercise that requires a percentage of your 1 rep max make sure to have at least 3 acclimation sets before starting your working set.

DAY 1 UPPER BODY WORKOUT

Exercise name	Sets	Reps	RPE	Notes
Bench Press	1	2	n/a	85 - 90% 1RM
Bench Press	3	6	8	
Lat Pulldown	3	8	9	
Overhead Press	3	5	n/a	70-80% 1RM
Weighted Row	3	8 - 12	8	
Face Pulls	2	15	9	
Bicep Curls	3	8	9	
Tricep Pushdowns	3	8	9	

Warm up

Leg Swings

Cat-Cow stretch

Cobra stretch

Toe touches

Standing quad stretch

Lunging hip flexor stretch

5 minutes very light cardio

Before starting any exercise that requires a percentage of your 1 rep max make sure to have at least 3 acclimation sets before starting your working set.

DAY 2 LOWER BODY WORKOUT

Exercise name	Sets	Reps	RPE	Notes
Deadlift	4	3	n/a	80% 1RM
Squat Variation	3	8	7	
Quad Extension	3	10	8	
Hamstring Curl	3	10	8	
Calf Raises	3	15	8	

Wall chest stretch

Cat-Cow stretch

Childs Pose

Cobra stretch

15 shoulder swings each side

5 minutes very light cardio

Before starting any exercise that requires a percentage of your 1 rep max make sure to have at least 3 acclimation sets before starting your working set.

DAY 3 UPPER BODY WORKOUT

Exercise name	Sets	Reps	RPE	Notes
Close Grip Bench Press	3	12	7	
Lat Pulldowns/ Pulls-ups	3	8	7	
Cable Crossovers	3	10	7	
Dumbbell Row	3	8	8	
Facepulls	3	8	8	
Barbell Shrugs	3	15	8	
Skull Crusher	3	12 - 15	9	
Incline Dumbbell Curl	3	12 - 15	9	

Warm up

- Leg Swings
- Cat-Cow stretch
- Cobra stretch
- Toe touches
- Standing quad stretch
- Lunging hip flexor stretch
- 5 minutes very light cardio

Before starting any exercise that requires a percentage of your 1 rep max make sure to have at least 3 acclimation sets before starting your working set.

DAY 4 LOWER BODY WORKOUT

Exercise name	Sets	Reps	RPE	Notes
Back Squat	4	3	n/a	75% 1RM
Romanian Deadlift	3	8	7	
Quad Extension	3	10	9	
Hamstring Curl	3	10	9	
Calf Raises	3	15	9	

Warm up

Leg Swings

Wall chest stretch

Cat-Cow stretch

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 5 CORE WORKOUT

Exercise name	Sets	Reps	RPE	Notes
High to low cable wood-choppers	3	10-15	8	
Bicycle Crunches	2	N/a	8	Close to Failure
Hanging Leg Raise	2	N/a	8	Close to Failure
Skull Crushers	2	8-12	7	
Hammer Curls	2	8-12	8	
Lateral Raise	3	12 - 15	8	
Face Pulls	2	12 - 15	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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