



NOVA

28 DAY BEGINNER WORKOUT PROGRAM

[OYOFITNESS.COM](https://oyofitness.com)

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FITNESS

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GET STARTED

Get ready to get in shape with the NOVA Gym.

The OYO NOVA Gym 28 Day Beginner Program will help you ease into using the NOVA Gym as part of your fitness routine.. Corresponding videos to these workouts are available on [oyofitness.com](https://www.oyofitness.com) and the OYO Fitness [YouTube channel](#)

Download and follow the OYO Nutrition Guide for maximum results: [OYOFitness.com/downloads](https://www.oyofitness.com/downloads)

Join our [OYO Fitness Group](#) on Facebook, where you can find Nick's latest workout and diet tips and share your experience to help and inspire others.

ABOUT THE PROGRAM

This program is designed to be used with the NOVA Gym. If you are using the OYO Personal Gym, there may be some exercises in this program that are not compatible. Download programs that are specifically for the OYO Personal Gym to get the maximum benefit out of our programs.

The NOVA Gym 28 Day Beginner Program includes 3 workouts each week for 4 weeks. Schedule your workouts at times that are most convenient for you. The more convenient the day and time are, the more likely you are to get your workout in! We recommend allowing one day between each workout. You can rest or stretch on your off days or do low- or high-intensity cardio if you want to boost your calorie burn. Make sure to do a warm-up before each workout. Use Nick's ***Dynamic Warm-up*** video (QR code link included on each workout page) or choose your own favorite warm-up.

If some exercises are too difficult or need modification due to injury, modification is acceptable. For instance, planks and push-ups can be modified to be done with knees on the ground instead of feet. Consult with your doctor or physical therapist on the best way to modify any exercises included in this program to work safely with your own abilities and challenges.

To get the best results from this or any workout program, diet is also key. You can choose to use our ***OYO Nutrition Guide*** available at [OYOfitness.com/downloads](https://oyofitness.com/downloads) or you can follow a nutrition plan that best suits your own dietary needs and preferences.

DISCLAIMER

Before beginning any workout program, be sure to consult with your physician to determine if it is right for your needs. This is especially important if you have ever experienced chest pain when engaged in physical activity or in the past month when not engaged in physical activity, if you or your family have a history of heart disease or high blood pressure, or if you have high cholesterol, are a smoker, are obese or have a bone or joint condition that could worsen due to changes in physical activity.

OYO Fitness' workout programs are designed for educational purposes only. You should not rely on this information as a substitute for professional medical advice, diagnosis, or

Before each day's workout, warm-up with Nick's *Dynamic Warm-Up* video. →

NOTE: Sets are timed. s = seconds



WEEK 1

DAY 1

Full Workout Video:
Total Body Boost

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness
vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Bodyweight Squat	45s	45s	45s
Squat + Low Chest Fly/Lateral Raise	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Chest/Back DoubleFlex	45s	45s	45s
Alternating Bicep Curl	45s	45s	45s
Rest	30s	30s	30s
GROUP 3			
Lunge + Shoulder Press (right)	45s	45s	45s
Lunge + Shoulder Press (left)	45s	45s	45s
Plank Touches	45s	45s	45s
Rest	30s	30s	30s

WEEK 1

DAY 2

Full Workout Video:
Back + Triceps 20

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness
vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Squat + Back Fly	45s	45s	45s
Hip Extension + Chest	45s	45s	45s
Russian Twist + Chest	45s	45s	45s
Lateral Raise	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Tricep Extension (right)	45s	45s	45s
Tricep Extension (left)	45s	45s	45s
Reverse Alternating Lunge	45s	45s	45s
Rest	60s	60s	60s

Before each day's workout, warm-up with Nick's *Dynamic Warm-Up* video. →

NOTE: Sets are timed. s = seconds



WEEK 1

DAY 3

Full Workout Video:
Legs + Shoulders 24

Watch Now:



Stream Workouts:

oyofitness.com
youtube.com/c/oyofitness
vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Shoulder Press (right)	45s	45s	45s
Shoulder Press (left)	45s	45s	45s
Reverse Lunge + Alternating Bicep Curl	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Romanian Deadlift (Add Leg Attachment)	45s	45s	45s
Resisted Squat (Add Leg Attachment)	45s	45s	45s
Rest	30s	30s	30s
GROUP 3			
Lat/Front Raise (right)	45s	45s	45s
Lat/Front Raise (left)	45s	45s	45s
Rest	30s	30s	30s

WEEK 2

DAY 1

Full Workout Video:
Upper Body 20

Watch Now:



Stream Workouts:

oyofitness.com
youtube.com/c/oyofitness
vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Tricep Kickback (right)	45s	45s	45s
Tricep Kickback (left)	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Upper Chest/Lat Pulldown	45s	45s	45s
Lat Row (right)	45s	45s	45s
Lat Row (left)	45s	45s	45s
Rest	30s	30s	30s
GROUP 3			
Squat + Low Chest /Lateral Raise	45s	45s	45s
Chest Fly	45s	45s	45s
Back Fly	45s	45s	45s
Rest	60s	60s	60s

Before each day's workout, warm-up with Nick's *Dynamic Warm-Up* video. →

NOTE: Sets are timed. s = seconds



WEEK 2

DAY 2

Full Workout Video:
Shoulders + Core 24

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness
vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Squat + Alternating Shoulder Press	45s	45s	45s
Alternating Bicep Curl	45s	45s	45s
Reverse Lunge + Chest/Back	45s	45s	45s
Front Raise/Shoulder Extension (right)	45s	45s	45s
Front Raise/Shoulder Extension (left)	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Seated Ab Crunch <i>(Use Chair or Exercise Ball)</i>	45s	45s	45s
Seated Back Extension <i>(Add Leg Attachment and use Chair or Exercise Ball)</i>	45s	45s	45s
Rest	30s	30s	30s

WEEK 2

DAY 3

Full Workout Video:
Legs + Shoulders 26

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness
vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Alternating Front Raise/Shoulder Extension	45s	45s	45s
Back Fly	45s	45s	45s
Lunge + Shoulder Press (right)	45s	45s	45s
Lunge + Shoulder Press (left)	45s	45s	45s
Romanian Deadlift <i>(Add Leg Attachment)</i>	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Upper Chest/Lat Pulldown	45s	45s	45s
Lateral Raise	45s	45s	45s
Squat + Chest/Back	45s	45s	45s
Plank Touches	45s	45s	45s
Rest	60s	60s	60s

Before each day's workout, warm-up with Nick's *Dynamic Warm-Up* video. →

NOTE: Sets are timed. s = seconds



WEEK 3

DAY 1

Full Workout Video:
Total Body Burner

Watch Now:



Stream Workouts:

oyofitness.com

youtube.com/c/oyofitness

vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Push-Up	30s	30s	30s
Chest/Back DoubleFlex	45s	45s	45s
Squat + Alternating Shoulder Press	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
V-Up	30s	30s	30s
Plank Touches	45s	45s	45s
Hip Extension + Bicep Curl	45s	45s	45s
Russian Twist + Chest/Back	45s	45s	45s
Rest	60s	60s	60s

WEEK 3

DAY 2

Full Workout Video:
Back ++

Watch Now:



Stream Workouts:

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youtube.com/c/oyofitness

vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Alternating Front Raise/Shoulder Extension	45s	45s	45s
Lat Row (right)	45s	45s	45s
Lat Row (left)	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Squat + Back Fly	45s	45s	45s
Bicep Curl (right)	45s	45s	45s
Bicep Curl (left)	45s	45s	45s
Bow & Arrow + External Rotation (right)	45s	45s	45s
Bow & Arrow + External Rotation (left)	45s	45s	45s
Rest	60s	60s	60s

Before each day's workout, warm-up with Nick's *Dynamic Warm-Up* video. →

NOTE: Sets are timed. s = seconds



WEEK 3

DAY 3

Full Workout Video:
Up + Down 1.0

Watch Now:



Stream Workouts:

oyofitness.com
youtube.com/c/oyofitness
vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Upper Chest/Lat Pulldown	45s	45s	45s
Shoulder Press/Tricep Extension (right)	45s	45s	45s
Shoulder Press/Tricep Extension (left)	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Seated Ab Crunch <i>(Use Chair or Exercise Ball)</i>	45s	45s	45s
Seated Back Extension <i>(Add Leg Attachment and use Chair or Exercise Ball)</i>	45s	45s	45s
Lunge + Shoulder Press (right)	45s	45s	45s
Lunge + Shoulder Press (left)	45s	45s	45s
Rest	60s	60s	60s

WEEK 4

DAY 1

Full Workout Video:
Push-Pull 26

Watch Now:



Stream Workouts:

oyofitness.com
youtube.com/c/oyofitness
vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Chest/Back DoubleFlex	45s	45s	45s
Squat + Chest/Back	45s	45s	45s
Tricep Kickback (right)	45s	45s	45s
Tricep Kickback (left)	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Squat + Lat Row (right)	45s	45s	45s
Squat + Lat Row (left)	45s	45s	45s
Chest Fly Series	45s	45s	45s
Push-up	45s	45s	45s
Plank Touches	45s	45s	45s
Rest	60s	60s	60s

Before each day's workout, warm-up with Nick's *Dynamic Warm-Up* video. →

NOTE: Sets are timed. s = seconds



WEEK 4

DAY 2

Full Workout Video:
Back + Biceps

Watch Now:



Stream Workouts:

oyofitness.com

youtube.com/c/oyofitness

vimeo.com/showcase/7930431

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Lateral Raise	45s	45s	45s
Lunge + Bicep Curl (right)	45s	45s	45s
Lunge + Bicep Curl (left)	45s	45s	45s
Lat/Front Raise (right)	45s	45s	45s
Lat/Front Raise (left)	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Lat Pulldown	45s	45s	45s
Lat Row (right)	45s	45s	45s
Lat Row (left)	45s	45s	45s
Hip Extension + Bicep	45s	45s	45s
Rest	30s	30s	30s

WEEK 4

DAY 3

Full Workout Video:
Legs + Arms Day

Watch Now:



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EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Squat Resisted <i>(Add Leg Attachment)</i>	45s	45s	45s
Romanian Deadlift <i>(Add Leg Attachment)</i>	45s	45s	45s
Lateral Lunge + Chest/Back	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Bow & Arrow + External Rotations (right)	45s	45s	45s
Bow & Arrow + External Rotations (left)	45s	45s	45s
Tricep Extension (right)	45s	45s	45s
Tricep Extension (left)	45s	45s	45s
Tricep Press (right)	45s	45s	45s
Tricep Press (left)	45s	45s	45s
Rest	60s	60s	60s