



NOVA

**30 DAY STANDARD
WORKOUT PROGRAM**

OYOFITNESS.COM

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FITNESS

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ROUTINE FITNESS

It only takes 30 days to establish a habit.

Get in the habit of getting fit!

The OYO NOVA Gym 30 Day Program is a great way to get you into the habit of working out regularly while helping you get fit and strong. Corresponding videos to these workouts are available on oyofitness.com and the OYO Fitness [YouTube channel](#).

Download and follow the OYO Nutrition Guide for maximum results:

[OYOFitness.com/downloads](https://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

The 30 Day Standard Program starts with 3 workouts per week for week 1 and 2. There are 4 workouts per week for weeks 3 and 4. 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 treatment. If you have any concerns about your health, consult with a physician or other health care professional. The use of the information included in this program is solely at your own risk.

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:
Legs + Shoulders 25

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Squat + Shoulder Press (right)	45s	45s	45s
Squat + Shoulder Press (left)	45s	45s	45s
Bicep Curl (right)	45s	45s	45s
Bicep Curl (left)	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
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 3			
Russian Twist + Chest	45s	45s	45s
Plank Touches	45s	45s	45s
Rest	30s	30s	30s

WEEK 1 DAY 2

Full Workout Video:
Back + Legs 25

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Squat + Back Fly	45s	45s	45s
Lunge + Bicep Curl (right)	45s	45s	45s
Lunge + Bicep Curl (left)	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Squat + Lat Rows (right)	45s	45s	45s
Squat + Lat Rows (left)	45s	45s	45s
Lateral Raises	45s	45s	45s
Romanian Deadlift <i>(Use Leg Attachment)</i>	45s	45s	45s
Resisted Squat <i>(Use Leg Attachment)</i>	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:
Chest + Core 2.0

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Push-Up	45s	45s	45s
Chest Fly Series	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Single Arm Chest Press (right)	45s	45s	45s
Single Arm Chest Press (left)	45s	45s	45s
Tricep Extension (right)	45s	45s	45s
Tricep Extension (left)	45s	45s	45s
Rest	30s	30s	30s
GROUP 3			
Seated Ab Crunch <i>(Use Chair or Exercise Ball)</i>	45s	45s	45s
Seated Back Extension <i>(Use Leg Attachment + Chair or Exercise Ball)</i>	45s	45s	45s
Rest	30s	30s	30s
GROUP 4			
Lunge + Tricep Press (right)	45s	45s	45s
Lunge + Tricep Press (left)	45s	45s	45s
Rest	30s	30s	30s

WEEK 2 DAY 1

Full Workout Video:
Legs + Arms 2.0

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Resisted Reverse Lunge (right) <i>(Use Door/Leg Attachment)</i>	45s	45s	45s
Resisted Reverse Lunge (left) <i>(Use Door/Leg Attachment)</i>	45s	45s	45s
Romanian Deadlift <i>(Use Door/Leg Attachment)</i>	45s	45s	45s
Squat + Chest Back	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Bicep Curl (right)	45s	45s	45s
Bicep Curl (left)	45s	45s	45s
Lunge + Shoulder Press (right)	45s	45s	45s
Lunge + Shoulder Press (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 2 DAY 2

Full Workout Video:
Full Body Blast

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Squat + Back Fly	45s	45s	45s
Resisted Hip Extension	45s	45s	45s
Russian Twist + Chest	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Low Chest/Lateral Raise	45s	45s	45s
Lunge + Tricep Extension (right)	45s	45s	45s
Lunge + Tricep Extension (left)	45s	45s	45s
Lat Row (right)	45s	45s	45s
Lat Row (left)	45s	45s	45s
Jump Squat	45s	45s	45s
Rest	60s	60s	60s

WEEK 2 DAY 3

Full Workout Video:
Leg Blaster

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Resisted Squat <i>(Use Door/Leg Attachment)</i>	45s	45s	45s
Single Leg RDL (right) <i>(Use Door/Leg Attachment)</i>	45s	45s	45s
Single Leg RDL (left) <i>(Use Door/Leg Attachment)</i>	45s	45s	45s
Reverse Lunge + Alternating Bicep Curl	45s	45s	45s
Resisted Hip Extension	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Squat + Alternating Shoulder Press	45s	45s	45s
Lat/Front Raise (right)	45s	45s	45s
Lat/Front Raise (left)	45s	45s	45s
Rest	30s	30s	30s

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:
Back to Core

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Plank Touches	45s	45s	45s
V-Up	45s	45s	45s
Seated Ab Crunch <i>(Use Chair or Exercise Ball)</i>	45s	45s	45s
Seated Back Extension <i>(Use Leg Attachment + Chair or Exercise Ball)</i>	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Lunge + Chest/Back	45s	45s	45s
Squat + Back Fly	45s	45s	45s
Lat Row (right)	45s	45s	45s
Lat Row (left)	45s	45s	45s
Rest	60s	60s	60s

WEEK 3 DAY 2

Full Workout Video:
Leg + Chest 30

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Close Grip Push-Up	45s	45s	45s
Alternating Crossover	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Lunge + Tricep Extension (right)	45s	45s	45s
Lunge + Tricep Extension (left)	45s	45s	45s
Upper Chest/Lat Pulldown	45s	45s	45s
Rest	30s	30s	30s
GROUP 3			
Resisted Squat <i>(Use Door/Leg Attachment)</i>	45s	45s	45s
Romanian Deadlift <i>(Use Door/Leg Attachment)</i>	45s	45s	45s
Bodyweight Squat	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:
Legs + Shoulder V2

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Lunge Tricep Press (right)	45s	45s	45s
Lunge Tricep Press (left)	45s	45s	45s
Squat + Alternating Bow & Arrow	45s	45s	45s
Bodyweight Squat	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Shoulder Press/Tricep Extension (right)	45s	45s	45s
Shoulder Press/Tricep Extension (left)	45s	45s	45s
Seated Squat + Bicep Curl	45s	45s	45s
Resisted Hip Extension	45s	45s	45s
Rest	30s	30s	30s

WEEK 3 DAY 4

Full Workout Video:
D-Flex

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Chest/Back DoubleFlex	45s	45s	45s
Squat + Chest/Back	45s	45s	45s
Front Raise/Shoulder Extension (right)	45s	45s	45s
Front Raise/Shoulder Extension (left)	45s	45s	45s
Squats with Low Chest/Lateral Raise	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Russian Twist + Chest/Back	45s	45s	45s
V-Up	45s	45s	45s
Plank Touches	45s	45s	45s
Rest	30s	30s	30s

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

NOTE: Sets are timed. s = seconds



WEEK 4 DAY 1

Full Workout Video:
Arm Attack

Watch Now:



Stream Workouts:
oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Lunge + Tricep Extension (right)	45s	45s	45s
Lunge + Tricep Extension (left)	45s	45s	45s
Bicep Curl (right)	45s	45s	45s
Bicep Curl (left)	45s	45s	45s
Tricep Kickback (right)	45s	45s	45s
Tricep Kickback (left)	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Squat + Back Fly	45s	45s	45s
Lat Row (right)	45s	45s	45s
Lat Row (left)	45s	45s	45s
Rest	30s	30s	30s

WEEK 4 DAY 2

Full Workout Video:
Arms + Legs V2



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EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Lateral Lunge + Chest/Back	45s	45s	45s
Lat/Front Raise (right)	45s	45s	45s
Lat/Front Raise (left)	45s	45s	45s
Lateral Raises	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Jump Squat	45s	45s	45s
Reverse Lunges	45s	45s	45s
Lat Row (right)	45s	45s	45s
Lat Row (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 4

DAY 3

Full Workout Video:
**Peak Performance
Legs + Chest**

Watch Now:



Stream Workouts:

oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Resisted Squat (Use Door/Leg Attachment)	45s	45s	45s
Single Leg RDL (right) (Use Door/Leg Attachment)	45s	45s	45s
Single Leg RDL (left) (Use Door/Leg Attachment)	45s	45s	45s
Resisted Lunge (right) (Use Door/Leg Attachment)	45s	45s	45s
Resisted Lunge (left) (Use Door/Leg Attachment)	45s	45s	45s
Rest	60s	60s	60s
GROUP 2			
Upper Chest	45s	45s	45s
Lat Pulldown	45s	45s	45s
Upper Chest/Lat Pulldown	45s	45s	45s
Low Chest/Lateral Raise	45s	45s	45s
Rest	30s	30s	30s

WEEK 4

DAY 4

Full Workout Video:
Up + Down 2.0

Watch Now:



Stream Workouts:

oyofitness.com
youtube.com/c/oyofitness

EXERCISE	SET 1	SET 2	SET 3
GROUP 1			
Resisted Hip Extension	45s	45s	45s
Lunge + Bicep Curl (right)	45s	45s	45s
Lunge + Bicep Curl (left)	45s	45s	45s
Tricep Kickback (right)	45s	45s	45s
Tricep Kickback (left)	45s	45s	45s
Rest	30s	30s	30s
GROUP 2			
Squat + Chest Back	45s	45s	45s
Bodyweight Squat	45s	45s	45s
Upper Chest/Lat Pulldown	45s	45s	45s
Rest	60s	60s	60s