

# GRIT DOMINATE EXERCISE CHART

Structure your weekly exercise plan.



[Grit Dominate.](https://beacons.ai/grit.dominate)

WEEK 8 to 12 PREPARED BY Grit Dominate

GOALS Weight loss, focused more on cardiovascular exercises

but with a mix of strength training.

FOR Marla Agliam

Key: Progressive Overload (Increase weight or rep each set or week).

## WARM UP

DAY 4: Upper-Body

| ACTIVITY      | TIME / DIST |  | SETS / REPS |     | REST TIME | NOTES:                   |
|---------------|-------------|--|-------------|-----|-----------|--------------------------|
| Arm Circles   |             |  | 1           | 20s | 20s       | <a href="#">Demo URL</a> |
| Arm Swings    |             |  | 1           | 20s | 20s       | <a href="#">Demo URL</a> |
| Quad Stretch  |             |  | 1           | 20s | 20s       | <a href="#">Demo URL</a> |
| Groin Stretch |             |  | 1           | 20s | 20s       | <a href="#">Demo URL</a> |
| Leg Swings    |             |  | 1           | 20s | 20s       | <a href="#">Demo URL</a> |

## STRENGTH TRAINING

DAY 4: Upper-Body

| EXERCISES              | SETS / REPS |         | WEIGHT   | REST TIME  | NOTES:                   |
|------------------------|-------------|---------|----------|------------|--------------------------|
| DB Arnolds             | 3           | 8 to 10 | Dumbbell | 45 seconds | <a href="#">Demo URL</a> |
| DB Extensions          | 3           | 8 to 10 | Dumbbell | 46 seconds | <a href="#">Demo URL</a> |
| DB Row                 | 3           | 8 to 10 | Dumbbell | 47 seconds | <a href="#">Demo URL</a> |
| DB Front Laterals      | 3           | 10      | Dumbbell | 48 seconds | <a href="#">Demo URL</a> |
| DB Bench Press One-Arm | 3           | 8 to 10 | Dumbbell | 49 seconds | <a href="#">Demo URL</a> |
|                        |             |         |          |            |                          |
|                        |             |         |          |            |                          |
|                        |             |         |          |            |                          |
|                        |             |         |          |            |                          |
|                        |             |         |          |            |                          |
|                        |             |         |          |            |                          |

## CORE TRAINING

DAY 4: Upper-Body

| EXERCISES | SETS/REPS |  | TIME | REST TIME | NOTES: |
|-----------|-----------|--|------|-----------|--------|
|           |           |  |      |           |        |
|           |           |  |      |           |        |
|           |           |  |      |           |        |
|           |           |  |      |           |        |
|           |           |  |      |           |        |
|           |           |  |      |           |        |

## CARDIO (THREADMILL SERIES)

DAY 4: Upper-Body

| ACTIVITY                | SETS / REPS |  | TIME | INTENSITY | NOTES:                      |
|-------------------------|-------------|--|------|-----------|-----------------------------|
| 5-minute Walk           |             |  |      |           |                             |
| 5-minute Jog            |             |  |      |           |                             |
| 5-minute Incline Walk   |             |  |      |           | Increase Threadmill Incline |
| 5-minute Incline Run    |             |  |      |           | Increase Threadmill Incline |
| 4-minute Jog            |             |  |      |           | Increase Threadmill Incline |
| 1-minute Incline Walk   |             |  |      |           | Decrease Threadmill Incline |
| 1-minute Incline Sprint |             |  |      |           | Increase Threadmill Incline |