

# GRIT DOMINATE EXERCISE CHART

Structure your weekly exercise plan.



[Grit Dominate.](#)

WEEK 1 to 2 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 1: Full-Body HIIT

ACTIVITY	TIME / DIST		SETS / REPS		REST TIME	NOTES:
Cat Cow			2	20s	20s	<a href="#">Demo URL</a>
Plank Rotation		Both Sides	2	20s	20s	<a href="#">Demo URL</a>
Lunge Rotation		No DB	2	20s	20s	<a href="#">Demo URL</a>
Body Weight Squat			2	20s	20s	<a href="#">Demo URL</a>
Lateral Lunge			2	20s	20s	<a href="#">Demo URL</a>

## STRENGTH TRAINING (Circuit - Finish each exercises first and that's 1 set)

DAY 1: Full-Body HIIT

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES:
High Knees	3	20s	Body Weight	20 seconds	<a href="#">Demo URL</a>
Squat Twists	3	20s	Body Weight	25 seconds	<a href="#">Demo URL</a>
Overhead Jacks	3	20s	Body Weight	20 seconds	<a href="#">Demo URL</a>
Jump Jacks	3	20s	Body Weight	20 seconds	<a href="#">Demo URL</a>
Curtsy Lunges	3	20s	Body Weight	20 seconds	<a href="#">Demo URL</a>
Squat Jacks	3	20s	Body Weight	20 seconds	<a href="#">Demo URL</a>

## CORE TRAINING

DAY 1: Full-Body HIIT

EXERCISES	SETS/REPS		TIME	REST TIME	NOTES:
V-Sits Cycles	3		20 seconds	30 seconds	<a href="#">Demo URL</a>
Reverse Crunch	3		20 seconds	30 seconds	<a href="#">Demo URL</a>
Leg Raise	3		20 seconds	30 seconds	<a href="#">Demo URL</a>
Single Leg Crunches	3		20 seconds	30 seconds	<a href="#">Demo URL</a>
Russian Twist	3	No DB	20 seconds	30 seconds	<a href="#">Demo URL</a>
Plank	3		20 seconds	30 seconds	<a href="#">Demo URL</a>

## CARDIO (THREADMILL SERIES)

DAY 1: Full-Body HIIT

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