

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 2: HIIT

ACTIVITY	TIME / DIST		SETS / REPS		REST TIME	NOTES:
Arm Circles			1	20s	20s	Demo URL
Arm Swings			1	20s	20s	Demo URL
Quad Stretch			1	20s	20s	Demo URL
Groin Stretch			1	20s	20s	Demo URL
Leg Swings			1	20s	20s	Demo URL

STRENGTH TRAINING (Circuit - Finish each exercises first and that's 1 se

DAY 2: HIIT

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES:
Run On Place	3	20s	Body Weight	20 seconds	Demo URL
Wall Climbers	3	20s	Body Weight	20 seconds	Demo URL
DB One Arm Thrusters	3	20s	Dumbbell	20 seconds	Demo URL
Side Planks	3	20s	Body Weight	20 seconds	Demo URL
Side to Side Squats	3	20s	Body Weight	20 seconds	Demo URL
Wall Sits	3	20s	Body Weight	20 seconds	Demo URL

CORE TRAINING

DAY 2: HIIT

EXERCISES	SETS/REPS		TIME	REST TIME	NOTES:
Bicycles	3		20 seconds	30 seconds	Demo URL
Russian Twists	3		20 seconds	30 seconds	Demo URL
Heel Touches	3		20 seconds	30 seconds	Demo URL

CARDIO (THREADMILL SERIES)

DAY 2: 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