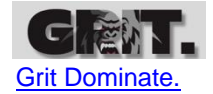


# GRIT DOMINATE EXERCISE CHART

Structure your weekly exercise plan.



WEEK \_\_\_\_\_ to \_\_\_\_\_

PREPARED BY Grit Dominate

GOALS Cut weight and athleticism for basketball.

Add compound exercises but not heavy.

FOR JR Gutierrez

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

## WARM UP

DAY 1: Full Body

ACTIVITY	TIME / DIST		SETS / REPS		INTENSITY*	NOTES:
Jumping Jacks			3	15		<a href="#">Demo URL</a>
High Knees			3	15		<a href="#">Demo URL</a>
Leg Swings			3	5		<a href="#">Demo URL</a>
Butt Kicks			3	15		<a href="#">Demo URL</a>

## STRENGTH TRAINING

DAY 1: Full Body

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES:
Body Weight Squats	4	15	Body Weight	20 seconds	<a href="#">Demo URL</a>
Barbel Squats	3	8 to 10	20lb - 45lb each side	45 seconds	<a href="#">Demo URL</a>
Push ups	4	10	Body Weight	20 seconds	<a href="#">Demo URL</a>
Bar Bench Press	3	8 to 10	20lb - 45lb each side	45 seconds	<a href="#">Demo URL</a>
Body Weight Step-ups	3	10 each leg	Body Weight	30 seconds	<a href="#">Demo URL</a>
Bulgarian Single-leg Split Squat	3	5-8 each leg	10lb - 15lb each side	60 seconds	<a href="#">Demo URL</a>

## CARDIO/CORE TRAINING

DAY 1: Full Body

EXERCISES	SETS/REPS		TIME	REST TIME	NOTES:
Plank Holds	3		30seconds to 1 minute	20 seconds	<a href="#">Demo URL</a>
Russian Twists	3	15		20 seconds	<a href="#">Demo URL</a>
Jumping Ropes/Light Jog			5 to 10 minutes straight		<a href="#">Demo URL</a>

## COOL DOWN

DAY 1: Full Body

ACTIVITY	SETS / REPS		TIME	REST TIME	NOTES:
Quad Stretch	3	5			<a href="#">Demo URL</a>
Pidgeon Stretch	3		8 seconds		<a href="#">Demo URL</a>
Hip Flexor Stretch	3		8 seconds		<a href="#">Demo URL</a>