

GRIT DOMINATE EXERCISE CHART

Structure your weekly exercise plan.



WEEK _____ to _____ PREPARED BY Grit Dominate

GOALS Add weight and athleticism

Home gym exercises and calisthenics. FOR Earl Pineda

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

WARM UP

DAY 5: Extra Upper Body

ACTIVITY	TIME / DIST		SETS / REPS		INTENSITY*	NOTES:
Arm Circles			1	6		Demo URL
Cross Body Arm Swings			1	10		Demo URL
Arm Swings			1	5		Demo URL

STRENGTH TRAINING

DAY 5: Extra Upper Body

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES:
Push ups	4	15	Body Weight	20 seconds	Demo URL
Diamond Push ups	4	10	Body Weight	25 seconds	Demo URL
Skull Crushers	4	10	Any Weighted Object	20 seconds	Demo URL
Incline Push Up	4	8 to 10	Body Weight	20 seconds	Demo URL
Tricep Dips	3	10	Body Weight	30 seconds	Demo URL
Bar Bench Press (If available)	3	10	Heavy	45 seconds	Demo URL
Declined Push Ups	3	10	Body Weight	30 seconds	Demo URL

CARDIO/CORE TRAINING

DAY 5: Extra Upper Body

EXERCISES	SETS/REPS		TIME	REST TIME	NOTES:
Plank Holds	3		30seconds to 1 minute	20 seconds	Demo URL
Russian Twists	3	15		20 seconds	Demo URL

COOL DOWN

DAY 5: Extra Upper Body

ACTIVITY	SETS / REPS		TIME	REST TIME	NOTES:
Tricep Stretch	3	5			Demo URL
Pec Stretch	3		8 seconds		Demo URL
Chest Opener Stretch	3		8 seconds		Demo URL

Note: Add an extra rep or weight for every set.