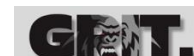


GRIT DOMINATE EXERCISE CHART

Structure your weekly exercise plan.



[Grit Dominate.](#)

WEEK / / to / /

PREPARED BY Grit Dominate

GOALS Cut weight and athleticism for basketball.

Add compound exercises but not heavy.

FOR JR Gutierrez

WARM UP

DAY 2: Lower Body/Core

ACTIVITY	TIME / DIST		SETS / REPS		TIME	NOTES:
Jumping Jacks			3	15		Demo URL
High Knees			3	15		Demo URL
Leg Swings			3	5		Demo URL
Butt Kicks			3	15		Demo URL
Crossed Leg Hamstring Stretch			3		8 seconds	Demo URL

STRENGTH TRAINING

DAY 2: Lower Body/Core

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES:
Goodmornings	4	8	10lb bar	20 seconds	Demo URL
Deadlift	3	8 to 10	25lb to 45lb each side	45 seconds	Demo URL
Reverse Lunges	3	8	Body Weight	20 seconds	Demo URL
Weighted Wall Sits	3	30 seconds	BW or 15lb Weight	15 seconds	Demo URL
Body Weight Step-ups	3	10 each leg	Body Weight	30 seconds	Demo URL
Glute Bridges	3	10	Body Weight	15 seconds	Demo URL
Kettlebell Swings	3	10	15lb to 25lb Weight	20 seconds	Demo URL

CARDIO/CORE TRAINING

DAY 2: Lower Body/Core

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
Leg Raises	3	10			Demo URL
Jumping Ropes/Light Jog			5 to 10 minutes straight		Demo URL

COOL DOWN

DAY 1: Full Body

ACTIVITY	SETS / REPS		TIME	REST TIME	NOTES:
Quad Stretch	3	5			Demo URL
Pidgeon Stretch	3		8 seconds		Demo URL
Hip Flexor Stretch	3		8 seconds		Demo URL