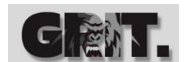


GRIT DOMINATE EXERCISE CHART

Structure your weekly exercise plan.



[Grit Dominate.](https://beacons.ai/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 6: Active Rest

ACTIVITY	TIME / DIST	SETS / REPS	REST TIME	NOTES:

EXERCISES (Choose 1 or more)

DAY 6: Active Rest

EXERCISES	SETS / REPS	WEIGHT	REST TIME	NOTES:
Cycling				
Walking				
Stretching				
Swimming				
Any Kind of Sport				

CORE TRAINING

DAY 6: Active Rest

EXERCISES	SETS/REPS	TIME	REST TIME	NOTES:

CARDIO (THREADMILL SERIES)

DAY 6: Active Rest

ACTIVITY	SETS / REPS	TIME	INTENSITY	NOTES: