

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 4: Lower-Body

ACTIVITY	TIME / DIST		SETS / REPS		REST TIME	NOTES:
Cat Cow			2	20s	20s	Demo URL
Plank Rotation		Both Sides	2	20s	20s	Demo URL
Lunge Rotation		No DB	2	20s	20s	Demo URL
Body Weight Squat			2	20s	20s	Demo URL
Lateral Lunge			2	20s	20s	Demo URL

STRENGTH TRAINING

DAY 4: Lower-Body

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES:
Bodyweight Squats	3	12	Body Weight	20 seconds	Demo URL
Front Lunges	3	10 each leg	Body Weight	25 seconds	Demo URL
Glute Bridges	3	12	Body Weight	20 seconds	Demo URL
Step Ups	3	10 each leg	Body Weight	20 seconds	Demo URL

CORE TRAINING

DAY 4: Lower-Body

EXERCISES	SETS/REPS		TIME	REST TIME	NOTES:
V-Sits Cycles	3		20 seconds	30 seconds	Demo URL
Reverse Crunch	3		20 seconds	30 seconds	Demo URL
Leg Raise	3		20 seconds	30 seconds	Demo URL
Single Leg Crunches	3		20 seconds	30 seconds	Demo URL
Russian Twist	3	No DB	20 seconds	30 seconds	Demo URL
Plank	3		20 seconds	30 seconds	Demo URL

CARDIO (THREADMILL SERIES)

DAY 4: Lower-Body

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