

# GRIT DOMINATE EXERCISE CHART

Structure your weekly exercise plan.



[Grit Dominate.](#)

WEEK 2 to 4 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: Upper-Body

ACTIVITY	TIME / DIST		SETS / REPS		REST TIME	NOTES:
Arm Circles			1	20s	20s	<a href="#">Demo URL</a>
Arm Swings			1	20s	20s	<a href="#">Demo URL</a>
Quad Stretch			1	20s	20s	<a href="#">Demo URL</a>
Groin Stretch			1	20s	20s	<a href="#">Demo URL</a>
Hamstring Stretch			1	20s	20s	<a href="#">Demo URL</a>

## STRENGTH TRAINING

DAY 4: Upper-Body

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES:
DB Rows	3	10	Dumbbell	40 seconds	<a href="#">Demo URL</a>
Lat Pulldowns	3	10	Dumbbell	40 seconds	<a href="#">Demo URL</a>
Shoulder Tap Plank	3	10	Body Weight	40 seconds	<a href="#">Demo URL</a>
High Plank Bird Dog	3	10	Body Weight	40 seconds	<a href="#">Demo URL</a>
Side Planks	3	20s	Body Weight	20 seconds	<a href="#">Demo URL</a>

## CORE TRAINING

DAY 4: Upper-Body

EXERCISES	SETS/REPS		TIME	REST TIME	NOTES:
V-Sits Cycles	3		20 seconds	30 seconds	<a href="#">Demo URL</a>
Reverse Crunch	3		20 seconds	30 seconds	<a href="#">Demo URL</a>

## CARDIO (THREADMILL SERIES)

DAY 4: Upper-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