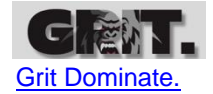


GRIT DOMINATE EXERCISE CHART

Structure your weekly exercise plan.



WEEK _____ to _____ PREPARED BY Grit Dominate

GOALS Add weight and athleticism

Home gym exercises and calisthenics.dd compound exercises but no FOR Earl Pineda

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

WARM UP

DAY 3: Leg Day

ACTIVITY	TIME / DIST		SETS / REPS		INTENSITY*	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

STRENGTH TRAINING

DAY 3: Leg Day

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES:
Body Weight Squats	4	15	Body Weight	20 seconds	Demo URL
Barbel Squats	3	8 to 10	20lb - 45lb each side	45 seconds	Demo URL
Single Leg Glute Bridge	3	10	Body Weight	25 seconds	Demo URL
Wall Sits	3	30seconds	Body Weight	30	Demo URL
Body Weight Step-ups	3	10 each leg	Body Weight	30 seconds	Demo URL
Bulgarian Single-leg Split Squat	3	5-8 each leg	10lb - 15lb each side	60 seconds	Demo URL

CARDIO/CORE TRAINING

DAY 3: Leg Day

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

COOL DOWN

DAY 3: Leg Day

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

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