

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 1: Full-Body

ACTIVITY	TIME / DIST		SETS / REPS		REST TIME	NOTES:
Arm Circles			1	20s	20s	Demo URL
Arm Swings			1	20s	20s	Demo URL
Quad Stretch			1	20s	20s	Demo URL
Groin Stretch			1	20s	20s	Demo URL
Hamstring Stretch			1	20s	20s	Demo URL

STRENGTH TRAINING

DAY 1: Full-Body

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES:
Weighted Squat DB	3	20s	Dumbbell	40 seconds	Demo URL
Weighed Single Leg Lunge DB	3	20s	Dumbbell	40 seconds	Demo URL
Push Up Beginner	3	20s	Body Weight	40 seconds	Demo URL
DB Shoulder Press	3	20s	Body Weight	40 seconds	Demo URL
Plank	3	20s	Body Weight	20 seconds	Demo URL

CORE TRAINING

DAY 1: Full-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	DB	20 seconds	30 seconds	Demo URL
Plank	3		20 seconds	30 seconds	Demo URL

CARDIO (THREADMILL SERIES)

DAY 1: Full-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