

PLANT. PHASE 1

ADVANCED
- round 1 -
WORKOUTS

18 Minute EMOM Resistance Band
Workout

GRIT BY NAME AND BY NATURE

INSTA: @GRITBYNAME
gritbyname.com

PLANT. PHASE 1 CALENDAR



Start Date:

WEEK 1

<input checked="" type="checkbox"/> legs	<input type="checkbox"/> 10-20 min HIIT	<input type="checkbox"/> arms	<input type="checkbox"/> 30 min LISS + core	<input type="checkbox"/> total body	<input type="checkbox"/> 10-20 min HIIT	<input type="checkbox"/> rest
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WEEK 2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEK 3

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEK 4

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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End Date:

4 Weeks Done? **You're a rockstar!** Now let's talk next steps...

Now is a great time to check in with yourself and prep for the next four weeks. If you're just getting the hang of things, reprint this calendar and take on another four weeks of Phase 1 - Advanced Round 1. If you're ready for a little something more, check out Advanced - Round 2!

Whatever you decide, don't forget to celebrate first! I'm proud of you, and you should be too!

**PLANT. PHASE 1
LEGS
ADVANCED R1**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE	MOVE x REPS
0-1	move 1: Lying Clamshell with a Pulse reps:
1-2	move 2: Glute Duck Walks reps:
2-3	move 3: Assisted Jump Squats reps:
3-4	move 4: Wall seated Clamshells reps:
4-5	move 5: Standing leg curls reps:
5-6	move 6: Jumping Curtsy lunges reps:
6-7	move 1: Lying Clamshell with a Pulse reps:
7-8	move 2: Glute Duck Walks reps:
8-9	move 3: Assisted Jump Squats reps:
9-10	move 4: Wall seated Clamshells reps:
10-11	move 5: Standing leg curls reps:
11-12	move 6: Jumping Curtsy lunges reps:
12-13	move 1: Lying Clamshell with a Pulse reps:
13-14	move 2: Glute Duck Walks reps:
14-15	move 3: Assisted Jump Squats reps:
15-16	move 4: Wall seated Clamshells reps:
16-17	move 5: Standing leg curls reps:
17-18	move 6: Jumping Curtsy lunges reps:

DO YOUR COOL DOWN!

**PLANT. PHASE 1
ARMS
ADVANCED R1**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE	MOVE x REPS
0-1	move 1: Overhead Press reps:
1-2	move 2: Samurai Pulls reps:
2-3	move 3: Push-ups reps:
3-4	move 4: Bent over push-downs reps:
4-5	move 5: Lying Shoulder Press reps:
5-6	move 6: Seated Wide-grip rows reps:
6-7	move 1: Overhead Press reps:
7-8	move 2: Samurai Pulls reps:
8-9	move 3: Push-ups reps:
9-10	move 4: Bent over push-downs reps:
10-11	move 5: Lying Shoulder Press reps:
11-12	move 6: Seated Wide-grip rows reps:
12-13	move 1: Overhead Press reps:
13-14	move 2: Samurai Pulls reps:
14-15	move 3: Push-ups reps:
15-16	move 4: Bent over push-downs reps:
16-17	move 5: Lying Shoulder Press reps:
17-18	move 6: Seated Wide-grip rows reps:

DO YOUR COOL DOWN!

**PLANT. PHASE 1
CORE
ADVANCED R1**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE

MOVE x REPS

0-1

move 1: Toe touch crunch scoops reps:

1-2

move 2: Stability roll-out reps:

2-3

move 3: Half Burpee reps:

3-4

move 4: Anti-rotation walkouts reps:

4-5

move 5: Plank Pull-through reps:

5-6

move 6: Kneeling Crunches reps:

6-7

move 1: Toe touch crunch scoops reps:

7-8

move 2: Stability roll-out reps:

8-9

move 3: Half Burpee reps:

9-10

move 4: Anti-rotation walkouts reps:

10-11

move 5: Plank Pull-through reps:

11-12

move 6: Kneeling Crunches reps:

12-13

move 1: Toe touch crunch scoops reps:

13-14

move 2: Stability roll-out reps:

14-15

move 3: Half Burpee reps:

15-16

move 4: Anti-rotation walkouts reps:

16-17

move 5: Plank Pull-through reps:

17-18

move 6: Kneeling Crunches reps:

DO YOUR COOL DOWN!

**PLANT. PHASE 1
TOTAL BODY
ADVANCED R1**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE

MOVE x REPS

0-1

move 1: Squat to Curtsy with a press reps:

1-2

move 2: Inchworms reps:

2-3

move 3: Alternating Toe Touch Side Lunges reps:

3-4

move 4: Mountain Climbers reps:

4-5

move 5: Halos reps:

5-6

move 6: Slam Downs reps:

6-7

move 1: Squat to Curtsy with a press reps:

7-8

move 2: Inchworms reps:

8-9

move 3: Alternating Toe Touch Side Lunges reps:

9-10

move 4: Mountain Climbers reps:

10-11

move 5: Halos reps:

11-12

move 6: Slam Downs reps:

12-13

move 1: Squat to Curtsy with a press reps:

13-14

move 2: Inchworms reps:

14-15

move 3: Alternating Toe Touch Side Lunges reps:

15-16

move 4: Mountain Climbers reps:

16-17

move 5: Halos reps:

17-18

move 6: Slam Downs reps:

DO YOUR COOL DOWN!