

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

## WEEK 2

|                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|

## WEEK 3

|                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|

## WEEK 4

|                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|

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:

reps:

1-2

move 2:

reps:

2-3

move 3:

reps:

3-4

move 4:

reps:

4-5

move 5:

reps:

5-6

move 6:

reps:

6-7

move 1:

reps:

7-8

move 2:

reps:

8-9

move 3:

reps:

9-10

move 4:

reps:

10-11

move 5:

reps:

11-12

move 6:

reps:

12-13

move 1:

reps:

13-14

move 2:

reps:

14-15

move 3:

reps:

15-16

move 4:

reps:

16-17

move 5:

reps:

17-18

move 6:

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:

reps:

1-2

move 2:

reps:

2-3

move 3:

reps:

3-4

move 4:

reps:

4-5

move 5:

reps:

5-6

move 6:

reps:

6-7

move 1:

reps:

7-8

move 2:

reps:

8-9

move 3:

reps:

9-10

move 4:

reps:

10-11

move 5:

reps:

11-12

move 6:

reps:

12-13

move 1:

reps:

13-14

move 2:

reps:

14-15

move 3:

reps:

15-16

move 4:

reps:

16-17

move 5:

reps:

17-18

move 6:

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:

reps:

1-2

move 2:

reps:

2-3

move 3:

reps:

3-4

move 4:

reps:

4-5

move 5:

reps:

5-6

move 6:

reps:

6-7

move 1:

reps:

7-8

move 2:

reps:

8-9

move 3:

reps:

9-10

move 4:

reps:

10-11

move 5:

reps:

11-12

move 6:

reps:

12-13

move 1:

reps:

13-14

move 2:

reps:

14-15

move 3:

reps:

15-16

move 4:

reps:

16-17

move 5:

reps:

17-18

move 6:

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:

reps:

1-2

move 2:

reps:

2-3

move 3:

reps:

3-4

move 4:

reps:

4-5

move 5:

reps:

5-6

move 6:

reps:

6-7

move 1:

reps:

7-8

move 2:

reps:

8-9

move 3:

reps:

9-10

move 4:

reps:

10-11

move 5:

reps:

11-12

move 6:

reps:

12-13

move 1:

reps:

13-14

move 2:

reps:

14-15

move 3:

reps:

15-16

move 4:

reps:

16-17

move 5:

reps:

17-18

move 6:

reps:

**DO YOUR COOL DOWN!**