

PLANT. PHASE 1

ADVANCED
- round 2 -
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 2. If you're ready for a little something more, check out Phase 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 R2**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE	MOVE x REPS
0-1	move 1: reps:
1-2	move 1: reps:
2-3	move 1: reps:
3-4	move 2: reps:
4-5	move 2: reps:
5-6	move 2: reps:
6-7	move 3: reps:
7-8	move 3: reps:
8-9	move 3: reps:
9-10	move 4: reps:
10-11	move 4: reps:
11-12	move 4: reps:
12-13	move 5: reps:
13-14	move 5: reps:
14-15	move 5: reps:
15-16	move 6: reps:
16-17	move 6: reps:
17-18	move 6: reps:

DO YOUR COOL DOWN!

**PLANT. PHASE 1
ARMS
ADVANCED R2**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE

MOVE x REPS

0-1

move 1:

reps:

1-2

move 1:

reps:

2-3

move 1:

reps:

3-4

move 2:

reps:

4-5

move 2:

reps:

5-6

move 2:

reps:

6-7

move 3:

reps:

7-8

move 3:

reps:

8-9

move 3:

reps:

9-10

move 4:

reps:

10-11

move 4:

reps:

11-12

move 4:

reps:

12-13

move 5:

reps:

13-14

move 5:

reps:

14-15

move 5:

reps:

15-16

move 6:

reps:

16-17

move 6:

reps:

17-18

move 6:

reps:

DO YOUR COOL DOWN!

**PLANT. PHASE 1
CORE
ADVANCED R2**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE

MOVE x REPS

0-1

move 1:

reps:

1-2

move 1:

reps:

2-3

move 1:

reps:

3-4

move 2:

reps:

4-5

move 2:

reps:

5-6

move 2:

reps:

6-7

move 3:

reps:

7-8

move 3:

reps:

8-9

move 3:

reps:

9-10

move 4:

reps:

10-11

move 4:

reps:

11-12

move 4:

reps:

12-13

move 5:

reps:

13-14

move 5:

reps:

14-15

move 5:

reps:

15-16

move 6:

reps:

16-17

move 6:

reps:

17-18

move 6:

reps:

DO YOUR COOL DOWN!

**PLANT. PHASE 1
TOTAL BODY
ADVANCED R2**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE	MOVE x REPS
0-1	move 1: reps:
1-2	move 1: reps:
2-3	move 1: reps:
3-4	move 2: reps:
4-5	move 2: reps:
5-6	move 2: reps:
6-7	move 3: reps:
7-8	move 3: reps:
8-9	move 3: reps:
9-10	move 4: reps:
10-11	move 4: reps:
11-12	move 4: reps:
12-13	move 5: reps:
13-14	move 5: reps:
14-15	move 5: reps:
15-16	move 6: reps:
16-17	move 6: reps:
17-18	move 6: reps:

DO YOUR COOL DOWN!