

PLANT. PHASE 1

BEGINNER WORKOUTS

15 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"/> 30 min LISS	<input type="checkbox"/> arms	<input type="checkbox"/> rest	<input type="checkbox"/> total body	<input type="checkbox"/> 30 min LISS	<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 - Beginner. If you're ready for a little something more, head over to the Intermediate guide!

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

**PLANT. PHASE 1
LEGS
BEGINNER**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE

MOVE X REPS

0-1

move 1: Glute Kickbacks

reps:

1-2

move 2: Squat

reps:

2-3

move 3: Reverse Lunge

reps:

3-4

move 4: Glute Bridge

reps:

4-5

move 5: Lateral Lunge

reps:

5-6

move 1: Glute Kickbacks

reps:

6-7

move 2: Squat

reps:

7-8

move 3: Reverse Lunge

reps:

8-9

move 4: Glute Bridge

reps:

9-10

move 5: Lateral Lunge

reps:

10-11

move 1: Glute Kickbacks

reps:

11-12

move 2: Squat

reps:

12-13

move 3: Reverse Lunge

reps:

13-14

move 4: Glute Bridge

reps:

14-15

move 5: Lateral Lunge

reps:

COOL YOURSELF DOWN!

**PLANT. PHASE 1
ARMS
BEGINNER**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE

MOVE X REPS

0-1

move 1: Push-ups

reps:

1-2

move 2: Bicep Curl

reps:

2-3

move 3: Chest Fly

reps:

3-4

move 4: Lying Shoulder Press

reps:

4-5

move 5: Upright Row

reps:

5-6

move 1: Push-ups

reps:

6-7

move 2: Bicep Curl

reps:

7-8

move 3: Chest Fly

reps:

8-9

move 4: Lying Shoulder Press

reps:

9-10

move 5: Upright Row

reps:

10-11

move 1: Push-ups

reps:

11-12

move 2: Bicep Curl

reps:

12-13

move 3: Chest Fly

reps:

13-14

move 4: Lying Shoulder Press

reps:

14-15

move 5: Upright Row

reps:

COOL YOURSELF DOWN!

**PLANT. PHASE 1
TOTAL BODY
BEGINNER**

WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE

MOVE X REPS

0-1

move 1: Side Hover with a Rotation reps:

1-2

move 2: Reverse Chopper reps:

2-3

move 3: Windmill reps:

3-4

move 4: Thruster reps:

4-5

move 5: Alternating Toe Touch Side Lunges reps:

5-6

move 1: Side Hover with a Rotation reps:

6-7

move 2: Reverse Chopper reps:

7-8

move 3: Windmill reps:

8-9

move 4: Thruster reps:

9-10

move 5: Alternating Toe Touch Side Lunges reps:

10-11

move 1: Side Hover with a Rotation reps:

11-12

move 2: Reverse Chopper reps:

12-13

move 3: Windmill reps:

13-14

move 4: Thruster reps:

14-15

move 5: Alternating Toe Touch Side Lunges reps:

COOL YOURSELF DOWN!