PLANT. PHASE 1

SEGNNER VORKOUTS

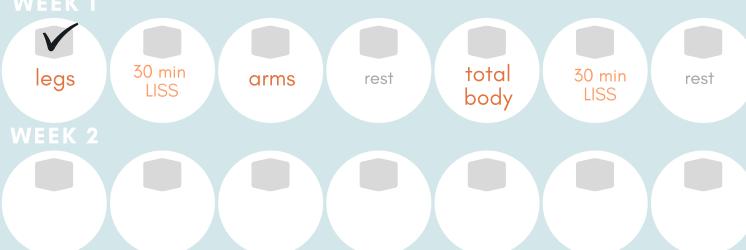
15 Minute EMOM Resistance Band Workout

GRIT BY NAME AND BY NATURE

INSTA: @GRITBYNAME gritbyname.com









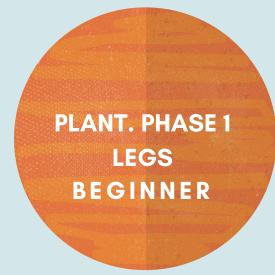




4 Weeks Done? You're a rockstar! Now let's talk next steps...

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!

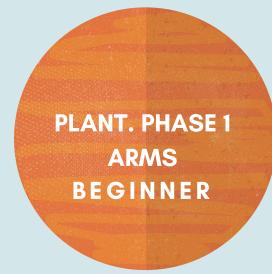
Whatever you decide, don't forget to celebrate first! I'm proud of you, and you should be too!



WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE	MCVE 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!



WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE	MOVE X RE	PS .
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!



WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE	MCVE 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!