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!

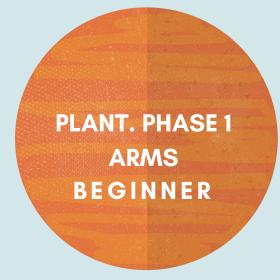
Whatever you decide, don't forget to celebrate first! I'm proud of you, and you should be too!



WARM UP WITH 3-5 MINUTES OF MOVEMENT

MINUTE	MCVE X REPS
0-1	move 1: reps:
1-2	move 2: reps:
2-3	move 3: reps:
3-4	move 4: reps:
4-5	move 5: reps:
5-6	move 1: reps:
6-7	move 2: reps:
7-8	move 3: reps:
8-9	move 4: reps:
9-10	move 5: reps:
10-11	move 1: reps:
11-12	move 2: reps:
12-13	move 3: reps:
13-14	move 4: reps:
14-15	move 5: reps:

COOL YOURSELF DOWN!



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