

10 DAY POWER CHALLENGE

grit

Intense, quick, gritty workout plan to shock your body and get you out of a fitness rut.

NAME:

GOAL:

DAY 1

Power Tower

DAY 6

GRIT HIIT
 HUMPDAY

DAY 2

GRIT HIIT
 Pure Strength

DAY 7

1 HOUR WALK
OUTSIDE

DAY 3

GRIT LIT
(low impact)

DAY 8

Power Tower

DAY 4

GRIT HIIT
 Complete Core

DAY 9

GRIT HIIT
 LEVEL UP

DAY 5

Power Tower

DAY 10

GRIT LIT
(low impact)