

10 DAY WORKOUT PLAN

GRIT INTRO

- BODY SCULPT
- REVOLUTION CYCLE
- POWER TOWER
- PURE STRENGTH + COMPLETE CORE
- GRIT STEP
- FLEXIN FLOW OR SLOW STRETCH
- POWERBELLE
- GRIT HIIT OR CAMP GRIT
- TURBO KICK
- HUMPDAY + LEVEL UP

grit