



True Grit 7-Day At Home Workout Guide

Day 1: Full-Body Strength

Warm-Up:

- ☐ 30 jumping jacks
- ☐ Arm circles + hip openers
- ☐ 10 bodyweight squats

Workout (3 rounds):

- ☐ 15 bodyweight squats
- ☐ 10 push-ups
- ☐ 20 walking lunges (10 each leg)
- ☐ 30-second plank
- ☐ 15 dumbbell/Resistance band curls

Finisher:

- ☐ 1-minute wall sit
- ☐ 20 mountain climbers

Day 2: Cardio & Core

Warm-Up:

- ☐ High knees
- ☐ Butt kicks
- ☐ Stretching

Workout (4 rounds):

- ☐ 45 sec jumping jacks
- ☐ 30 sec rest
- ☐ 45 sec sit-ups/crunches
- ☐ 30 sec rest
- ☐ 45 sec mountain climbers
- ☐ 30 sec rest
- ☐ 45 sec Russian twists
- ☐ 30 sec rest

Finisher:

- ☐ 1-minute plank hold

Day 3: Lower Body Burn

Warm-Up:

- ☐ Leg swings
- ☐ 10 bodyweight squats
- ☐ 10 glute bridges

Workout (3-4 rounds):

- ☐ 20 goblet squats (use weight if available)
- ☐ 15 glute bridges
- ☐ 20 jump squats
- ☐ 12 Bulgarian split squats (each leg)
- ☐ 30 calf raises

Finisher:

- ☐ 1-minute wall sit
- ☐ 30 jump squats

Day 4: Active Recovery / Low-Intensity Cardio

Options:

- ☐ 1-2 mile walk
- ☐ Yoga/stretching (20-30 min)
- ☐ Light bike ride or swim

Focus:

- ☐ Hydrate, breathe, stretch, recover

Day 5: Upper Body + Core

Warm-Up:

- ☐ Arm circles
- ☐ Push-ups to downward dog
- ☐ Band pull-aparts (if available)

Workout (3 rounds):

- ☐ 12 push-ups
- ☐ 15 shoulder taps
- ☐ 10 dumbbell shoulder press
- ☐ 15 bent-over rows
- ☐ 20 bicycle crunches

Finisher (3 rounds):

- ☐ 10 burpees
- ☐ 30-sec plank

Day 6: HIIT & Plyometrics

Warm-Up:

- ☐ Jumping jacks
- ☐ Hip mobility
- ☐ Arm/leg swings

Workout (4 rounds):

- ☐ 30 sec squat jumps
- ☐ 30 sec push-ups
- ☐ 30 sec high knees
- ☐ 30 sec rest
- ☐ 30 sec mountain climbers
- ☐ 30 sec jump lunges
- ☐ 30 sec rest

Finisher:

- ☐ 100 jumping jacks
- ☐ 1-minute plank

Day 7: Walk / Mobility / Reflection

Options:

- ☐ 3-mile walk
- ☐ 30-minute yoga or mobility flow
- ☐ Foam rolling session

Optional:

- ☐ Journal & reflect on your week
- ☐ Plan goals for the next 7 days