November 2026 **'Intensify'**

RESULTS inc

WARM UP x 3 sets

Raise body temp

1. **Butt Kicks** — **10 reps/side**
2. **Shuffle Steps** — **10 reps/direction**

Activate

3. **Glute Bridge March** — **10 reps/side**
4. **Slow Mountain Climbers** — **5 reps/side**

Mobilise

5. **Overhead Squat** — **5 reps**

SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)

Food diary
Track your food and drink and review with a coach

How to track your progress?
What gets measured, gets managed.

Goal setting
Download this worksheet and set your next goal!

1 Anywhere 1

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A's	**Full Body Circuit** **(1)-** Side Plank Circle **(2)-** Lateral Sprinter Step Up **(3)-** Bent Over Cuban Rotation	4 sets **(1)-** 8 reps/direction/side **(2)-** 8 reps/side **(3)-** 8 reps/side	4 sets **(1)-** 10 reps/direction/side **(2)-** 10 reps/side **(3)-** 10 reps/side	4 sets **(1)-** 12 reps/direction/side **(2)-** 12 reps/side **(3)-** 12 reps/side	3 sets **(1)-** 12 reps/direction/side **(2)-** 12 reps/side **(3)-** 12 reps/side
B1	Razor Curl Lowers	4 sets 4 reps	4 sets 4 reps (↑difficulty)	4 sets 4 reps (↑difficulty)	3 sets 4 reps
B2	Press Up	4 sets 8 reps	4 sets 8 reps (↑difficulty)	4 sets 8 reps (↑difficulty)	3 sets 8 reps
C1	Crossover Step Up	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2 sets 12 reps/side
C2	Locke Clam	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2 sets 12 reps/side
D1	**Fitness Circuit** **(1)-** Low Lateral Shuffle **(2)-** Diagonal Mountain Climbers **(3)-** Sprinter Sit Ups **(4)- REST**	5 sets (6 minutes 40 seconds) **(1)-** 20 seconds **(2)-** 20 seconds **(3)-** 20 seconds **(4)- 20 seconds**	6 sets (8 minutes) **(1)-** 20 seconds **(2)-** 20 seconds **(3)-** 20 seconds **(4)- 20 seconds**	7 sets (9 minutes 20 seconds) **(1)-** 20 seconds **(2)-** 20 seconds **(3)-** 20 seconds **(4)- 20 seconds**	5 sets (6 minutes 40 seconds) **(1)-** 20 seconds **(2)-** 20 seconds **(3)-** 20 seconds **(4)- 20 seconds**

2

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A's	**Full Body Circuit** **(1)-** Alternating Leg Lift Plank **(2)-** Kickstand Hip Thrust **(3)-** Copenhagen Bend	4 sets **(1)-** 8 reps/side **(2)-** 8 reps/side **(3)-** 8 reps/side	4 sets **(1)-** 10 reps/side **(2)-** 10 reps/side **(3)-** 10 reps/side	4 sets **(1)-** 12 reps/side **(2)-** 12 reps/side **(3)-** 12 reps/side	3 sets **(1)-** 12 reps/side **(2)-** 12 reps/side **(3)-** 12 reps/side
B1	Pistol Squat	4 sets 4 reps/side	4 sets 4 reps/side (↑difficulty)	4 sets 4 reps/side (↑difficulty)	3 sets 4 reps/side
B2	'Y' Lift	4 sets 8 reps	4 sets 8 reps (↑difficulty)	4 sets 8 reps (↑difficulty)	3 sets 8 reps
C1	Russian Twist	3 sets 12 reps/side	3 sets 16 reps/side	3 sets 20 reps/side	2 sets 20 reps/side
C2	Alternating V-Up	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 10 reps/side	2 sets 10 reps/side
D's	**Fitness Circuit** **(1)-** Sprinter Step Ups **(2)-** Shoulder Tap + Leg Lifts **(3)-** Squat to Toes **(4)- Recover**	4 sets (9 minutes 20 seconds) **(1)-** 35 seconds **(2)-** 35 seconds **(3)-** 35 seconds **(4)- 35 seconds**	4 sets (10 minutes 40 seconds) **(1)-** 40 seconds **(2)-** 40 seconds **(3)-** 40 seconds **(4)- 40 seconds**	4 sets (12 minutes) **(1)-** 45 seconds **(2)-** 45 seconds **(3)-** 45 seconds **(4)- 45 seconds**	4 sets (10 minutes 40 seconds) **(1)-** 40 seconds **(2)-** 40 seconds **(3)-** 40 seconds **(4)- 40 seconds**

3 Anywhere 3

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A's	**Full Body Circuit** **(1)-** 4 second Eccentric Calf Raises **(2)-** Alternating Plank Row **(3)-** Foot Elevated One Leg RDL	4 sets **(1)-** 8 reps **(2)-** 8 reps/side **(3)-** 8 reps/side	4 sets **(1)-** 10 reps **(2)-** 10 reps/side **(3)-** 10 reps/side	4 sets **(1)-** 12 reps **(2)-** 12 reps/side **(3)-** 12 reps/side	3 sets **(1)-** 12 reps **(2)-** 12 reps/side **(3)-** 12 reps/side
B1	Press Up	4 sets 4 reps	4 sets 4 reps (↑difficulty)	4 sets 4 reps (↑difficulty)	3 sets 4 reps
B2	Forward Lunge	4 sets 8 reps/side	4 sets 8 reps/side (↑difficulty)	4 sets 8 reps/side (↑difficulty)	3 sets 8 reps/side
C's	**Fitness Circuit** **(1)-** Reverse Lunge + Twist **(2)-** Handwalkout to Cobra **(3)-** Star Jumps	3 sets (7 minutes 30 seconds) **(1)-** 50 seconds **(2)-** 50 seconds **(3)-** 50 seconds	3 sets (9 minutes) **(1)-** 60 seconds **(2)-** 60 seconds **(3)-** 60 seconds	3 sets (10 minutes 30 seconds) **(1)-** 70 seconds **(2)-** 70 seconds **(3)-** 70 seconds	3 sets (9 minutes) **(1)-** 60 seconds **(2)-** 60 seconds **(3)-** 60 seconds
D1	Standing Hip C.A.R.	2 sets 3 reps/direction/side	2 sets 3 reps/direction/side (↑R.O.M.)	2 sets 3 reps/direction/side (↑R.O.M.)	2 sets 3 reps/direction/side
D2	Adductor Rock Back + Rotation	2 sets 6 reps/side	2 sets 6 reps/side (↑R.O.M.)	2 sets 6 reps/side (↑R.O.M.)	2 sets 6 reps/side