Month: **November 2026**

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 Regenerate 1

	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
A1	One-Leg Hip Thrust	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
A2	Bottoms Up Floor Press	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
B1	Squat	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
B2	Band Lat Pull Down	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
C1	Suitcase Carry	3 sets 2 lengths/side	3-4 sets 2 lengths/side	4-5 sets 2 lengths/side	3 sets 2 lengths/side
C2	4-point Star Excursion	3 sets 4 reps/side	3-4 sets 4 reps/side	4-5 sets 4 reps/side	3 sets 4 reps/side
D1	Toe Touch Crunch	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
D2	Face Pull	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
E1	Bike/Rower/Ropes	6 sets 20 seconds ON 40 seconds OFF	7 sets 20 seconds ON 40 seconds OFF	8 sets 20 seconds ON 40 seconds OFF	6-8 sets 20 seconds ON 40 seconds OFF

2 Regenerate 2	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
A1	Side Plank Star Hold	3 sets 20 secs/side	3-4 sets 20 secs/side	4-5 sets 20 secs/side	3 sets 20 secs/side
A2	One-Arm KB/DB Row	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
B1	Deadlift	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
B2	One-Arm Seated Overhead Press	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
C1	RFESS	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
C2	Half Kneel Pallof Press	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
D1	Palms Up BPA	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
D2	One-Leg Calf Raise	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
E1	Bike/Rower/Ropes	3 sets 1 minute FASTER 30 seconds SLOWER	4 sets 1 minute FASTER 30 seconds SLOWER	5 sets 1 minute FASTER 30 seconds SLOWER	3 sets 1 minute FASTER 30 seconds SLOWER