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

PRO TIPS

➤ *Month 3 of our 4-month strength focus brings a mix of heavy lifts (B' and high volume work (A's).*

➤ *For the main lifts your first working weight should be where you finished last month. Then build from there.*

➤ *Higher reps help to improve resilience, build muscle and increase work capacity.*

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

Goal setting
Download this worksheet and set your next goal!

1 Energy 1

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A's	**Full Body Circuit** **(1)-** Side Plank Circle **(2)-** Lateral Step Up **(3)-** Half Kneel One Arm Band Pulldown	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)-** 10 reps/direction/side (↑difficulty) **(2)-** 10 reps/side (↑difficulty) **(3)-** 10 reps/side (↑difficulty)	3 sets **(1)-** 10 reps/direction/side **(2)-** 10 reps/side **(3)-** 10 reps/side
B1	Deadlift	4 sets **kg kg kg kg** 5 reps	4 sets **kg kg kg kg** 5 reps (↑weight)	4 sets **kg kg kg kg** 5 reps (↑weight)	3 sets **kg kg kg** 5 reps
B2	Press Up	4 sets 5 reps	4 sets 5 reps (↑difficulty)	4 sets 5 reps (↑difficulty)	3 sets 5 reps
C's	**Fitness Circuit** **(1)-** Low Lateral Shuffle **(2)-** Diagonal Mountain Climbers **(3)-** Sprinter Sit Ups **(4)- REST**	4 sets (5 mins 20 seconds) **(1)-** 20 seconds **(2)-** 20 seconds **(3)-** 20 seconds **(4)-** 20 seconds	5 sets (6 mins 20 seconds) **(1)-** 20 seconds **(2)-** 20 seconds **(3)-** 20 seconds **(4)-** 20 seconds	6 sets (7 minutes 20 seconds) **(1)-** 20 seconds **(2)-** 20 seconds **(3)-** 20 seconds **(43)-** 20 seconds	5 sets (6 mins 20 seconds) **(1)-** 20 seconds **(2)-** 20 seconds **(3)-** 20 seconds **(4)-** 20 seconds
D	**Workout of the Month**				

2 Energy 2

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A's	**Full Body Circuit** **(1)-** Elbows on Swissball Plank **(2)-** Kickstand Hip Thrust **(3)-** One Arm DB Curl & Press	4 sets **(1)-** 20-30 seconds **(2)-** 8 reps/side **(3)-** 8 reps/side	4 sets **(1)-** 30-40 seconds **(2)-** 10 reps/side **(3)-** 10 reps/side	4 sets **(1)-** 30-40 seconds (↑difficulty) **(2)-** 10 reps/side (↑difficulty) **(3)-** 10 reps/side (↑difficulty)	3 sets **(1)-** 30-40 seconds **(2)-** 10 reps/side **(3)-** 10 reps/side
B1	Squat	4 sets **kg kg kg kg** 5 reps	4 sets **kg kg kg kg** 5 reps (↑weight)	4 sets **kg kg kg kg** 5 reps (↑weight)	3 sets **kg kg kg** 5 reps
B2	TRX Row	4 sets 5 reps	4 sets 5 reps (↑difficulty)	4 sets 5 reps (↑difficulty)	3 sets 5 reps
Focus Block		**Rotational Abs**			
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)-** MB Ground to Squat **(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 Energy 3

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A's	**Full Body Circuit** **(1)-** Paloff Press plus Rotation **(2)-** Gorilla Row **(3)-** Foot Elevated One Leg RDL	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)-** 10 reps/side (↑difficulty) **(2)-** 10 reps/side (↑difficulty) **(3)-** 10 reps/side (↑difficulty)	3 sets **(1)-** 10 reps/side **(2)-** 10 reps/side **(3)-** 10 reps/side
B1	Floor/Bench Press	4 sets **kg kg kg kg** 5 reps	4 sets **kg kg kg kg** 5 reps (↑weight)	4 sets **kg kg kg kg** 5 reps (↑weight)	3 sets **kg kg kg** 5 reps
B2	Split Squat	4 sets 5 reps	4 sets 5 reps (↑difficulty)	4 sets 5 reps (↑difficulty)	3 sets 5 reps
Focus Block		**Angled Glutes**			
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
D's	**Fitness Circuit** **(1)-** Reverse Lunge + Twist **(2)-** Handwalkout to Cobra **(3)-** Bike/Rower/Ropes	3 sets (10 minutes 30 seconds) **(1)-** 70 seconds **(2)-** 70 seconds **(3)-** 70 seconds	3 sets (12 minutes) **(1)-** 80 seconds **(2)-** 80 seconds **(3)-** 80 seconds	3 sets (13 minutes 30 seconds) **(1)-** 90 seconds **(2)-** 90 seconds **(3)-** 90 seconds	3 sets (12 minutes) **(1)-** 80 seconds **(2)-** 80 seconds **(3)-** 80 seconds