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 moves into heavier lifts and lower rep ranges across the A's and B's.*

➤ *For the main lifts, start with the weight you finished on last month, then build from there.*

➤ *Myo reps: Choose a weight you can do for 12 good reps. Rest 10 seconds, do 3 more reps, rest 10 seconds, then repeat. Keep going until you feel you only have 1–2 good reps left.*

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

Goal setting
Download this worksheet and set your next goal!

1 Power 1 – LOWER & ABS

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A1	DB Hamstring Curl	3 sets 6 reps	3 sets 8 reps	3 sets 8 reps (↑weight)	3 sets 8 reps
A2	High to Low Band Rotation	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 8 reps/side (↑resistance)	3 sets 8 reps/side
B1	Squat	4 sets **kg kg kg kg** 3 reps	4 sets **kg kg kg kg** 3 reps (↑weight)	4 sets **kg kg kg kg** 3 reps (↑weight)	3 sets **kg kg kg** 3 reps
		Goal kg next week→	**Goal kg next week→**	**Goal kg next week→**	**Goal kg next week→**
B2	4 second Eccentric Calf Raises	4 sets 8 reps	4 sets 10 reps	4 sets 10 reps (↑resistance)	3 sets 10 reps
C's	**Lower Circuit - Myo Reps** **(1)-** Hip Thrust **(2)-** MB Toe Touch Crunch **(3)-** Swissball Hack Squat	2 sets **(1)-** 12 reps (+3 reps til fail) **(2)-** 12 reps (+3 reps til fail) **(3)-** 12 reps (+3 reps til fail)	2 sets **(1)-** 12 reps (+3 reps til fail) **(2)-** 12 reps (+3 reps til fail) **(3)-** 12 reps (+3 reps til fail)	2 sets **(1)-** 12 reps (+3 reps til fail) **(2)-** 12 reps (+3 reps til fail) **(3)-** 12 reps (+3 reps til fail)	2 sets **(1)-** 12 reps **(2)-** 12 reps **(3)-** 12 reps
D	**Workout of the Month**				

2 — Power 2 – UPPER

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A1	Chin Up ***or*** Pull Up ***or*** High Ring Row	3 sets 4 reps	3 sets 5 reps	3 sets 5 reps (↑difficulty)	3 sets 5 reps
A2	Supported Cuban Rotation	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side (↑resistance)	3 sets 10 reps/side
B1	Bench Press	4 sets **kg kg kg kg** 3 reps	4 sets **kg kg kg kg** 3 reps (↑weight)	4 sets **kg kg kg kg** 3 reps (↑weight)	3 sets **kg kg kg** 3 reps
		Goal kg next week→	**Goal kg next week→**	**Goal kg next week→**	**Goal kg next week→**
B2	Band 'Y'	4 sets 8 reps	4 sets 10 reps	4 sets 10 reps (↑resistance)	3 sets 10 reps
C's	**Upper Circuit - Myo Reps** **(1)-** Meadows Row **(2)-** High Overhead Band Tricep Extension **(3)-** Palms Up Bicep Curl	2 sets **(1)-** 12 reps/side (+3 reps til fail **(2)-** 12 reps (+3 reps til fail) **(3)-** 12 reps (+3 reps til fail)	2 sets **(1)-** 12 reps/side (+3 reps til fail **(2)-** 12 reps (+3 reps til fail) **(3)-** 12 reps (+3 reps til fail)	2 sets **(1)-** 12 reps/side (+3 reps til fail **(2)-** 12 reps (+3 reps til fail) **(3)-** 12 reps (+3 reps til fail)	2 sets **(1)-** 12 reps/side **(2)-** 12 reps **(3)-** 12 reps
Focus Block		**Chest Squeeze**			
D1	Band Press Round	3 sets 12 reps/side	3 sets 12 reps/side (↑resistance)	3 sets 12 reps/side (↑resistance)	2 sets 12 reps/side
D2	DB Pullover to Squeeze Press	3 sets 12 reps	3 sets 12 reps (↑weight)	3 sets 12 reps (↑weight)	2 sets 12 reps

3 — Power 3 – FULL BODY

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A1	One Arm Band Pulldown	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side (↑resistance)	3 sets 10 reps/side
A2	Landmine Overhead Press	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 8 reps/side (↑resistance)	3 sets 8 reps/side
B1	Deadlift	4 sets **kg kg kg kg** 3 reps	4 sets **kg kg kg kg** 3 reps (↑weight)	4 sets **kg kg kg kg** 3 reps (↑weight)	3 sets **kg kg kg** 3 reps
		Goal kg next week→	**Goal kg next week→**	**Goal kg next week→**	**Goal kg next week→**
B2	BPA Pulldown	4 sets 8 reps	4 sets 10 reps	4 sets 10 reps (↑resistance)	3 sets 10 reps
C's	**Full Body Circuit - Myo Reps** **(1)-** Forward Lunge **(2)-** Press Up **(3)-** Front Rack Carry	2 sets **(1)-** 12 reps/side (+3 reps til fail **(2)-** 12 reps (+3 reps til fail) **(3)-** 4 lengths	2 sets **(1)-** 12 reps/side (+3 reps til fail **(2)-** 12 reps (+3 reps til fail) **(3)-** 4 lengths (↑weight)	2 sets **(1)-** 12 reps/side (+3 reps til fail **(2)-** 12 reps (+3 reps til fail) **(3)-** 4 lengths (↑weight)	2 sets **(1)-** 12 reps/side **(2)-** 12 reps **(3)-** 4 lengths
Focus Block		**All around the side delts**			
D1	Side Lying Lateral Raise	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2 sets 12 reps/side
D2	Overhead Shrug	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2 sets 12 reps/side