Month: **November 2026**

VELOCITY

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**

3 set of A's Rest 2-3 minutes 3 sets of B's		**TEACHING**		**PROGRESS**		**PEAK**		**RELOAD**	
		WORK	**REST**	**WORK**	**REST**	**WORK**	**REST**	**WORK**	**REST**
A1	Split Jump Punches	35s	25s	40s	20s	45s	15s	40s	20s
A2	Plank Hip Rotations	35s	25s	40s	20s	45s	15s	40s	20s
A3	Duck Under Squats	35s	25s	40s	20s	45s	15s	40s	20s
A4	T-Rotation	35s	25s	40s	20s	45s	15s	40s	20s
A5	Tabletop Crunch	35s	25s	40s	20s	45s	15s	40s	20s
B1	Squat Surrenders	35s	25s	40s	20s	45s	15s	40s	20s
B2	Bear Crawl Shoulder Tap	35s	25s	40s	20s	45s	15s	40s	20s
B3	Line Touches	35s	25s	40s	20s	45s	15s	40s	20s
B4	Yoga Pike Mountain Climber	35s	25s	40s	20s	45s	15s	40s	20s
B5	Straight Arm Russian Twist	35s	25s	40s	20s	45s	15s	40s	20s