BUSY & BUILT

NOVEMBER 2026 WORKOUT CALENDAR

Short on time. Strong by design. Still showing up.

PENNY BARNSHAW

@garagefitnessgirl

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 ~ *Active Recovery* ~ *8-12k steps*
2 NEW LIFTS **60 Min Muscle Building & Conditioning**	3 NEW MEMBER **20 Min Strength and SIT**	4 **30 Min Standing Upper Body & Abs**	5 **30 Min Knee Friendly Glute Builder & Core**	6 NEW MAIN **Low Impact No Repeat Strength & Sculpt**	7 **30 Min Fat Burning Workout with Weights**	8 ~ *Active Recovery* ~ *8-12k steps*
9 **40 Min Barbell Build Muscle & Lose Fat**	10 **30 Min Dumbbell EMOM**	11 NEW LIFTS **35 Min Dumbbell Push Pull Workout**	12 NEW MAIN **25 Min Leg Day + Sprint Intervals**	13 **30 Min All Standing Full Body Strength**	14 **30 Min Tabata Cardio HIIT**	15 ~ *Active Recovery* ~ *8-12k steps*
16 NEW LIFTS **60 Min Full Body Strength & Hypertrophy**	17 NEW MAIN **20 Min Full Body Dumbbell No Repeat**	18 **40 Min Upper Body Push, Pull & Core**	19 NEW MEMBER **15 Min Booty Band Glutes**	20 **35 Min Full Body Strength for Lean Muscle**	21 **30 Min Standing Dumbbell No Repeat HIIT**	22 ~ *Active Recovery* ~ *8-12k steps*
23 NEW MAIN **45 Min Muscle Build & Metabolic Cardio**	24 **20 Min No Jumping HIIT**	25 **20 Min No Repeat Cardio & Abs HIIT**	26 NEW LIFTS **40 Min Legs, Glutes & Abs**	27 **25 Min Standing Strength & Cardio Supersets**	28 **30 Min Sweaty Full Body Dumbbell HIIT**	29 ~ *Active Recovery* ~ *8-12k steps*
30 NEW LIFTS **60 Min Full Body**						

New on main channel · New on GFG Lifts · Member exclusive

☆ *New workouts go live the day before they appear on the calendar*

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BUSY & BUILT

Welcome

November gets busy, so this month is built to fit around real life. Most workouts are 30 to 35 minutes, Mondays are your longer strength days, and there are a few 20-minute sessions for the days when time runs out.

Every day has a job: full body strength on Monday, metabolic on Tuesday, upper body or core on Wednesday, legs on Thursday, full body on Friday and a sweat on Saturday. Swap days around when you need to. Just keep showing up.

This Month's Focus

- ✓ Build Strength
- ✓ Train Efficiently
- ✓ Protect Your Joints
- ✓ Stay Consistent

How To Use

- ✓ Click any workout title to go straight to the video.
- ✓ New workouts go live the day before they appear.
- ✓ Tick the box on each day as you complete it.
- ✓ Swap days when needed - recovery is part of the plan.
- ✓ Consistency beats perfection.

Equipment Needed

- Dumbbells
- Barbell (or dumbbells)
- Booty Band
- Exercise Mat

Monthly Progress Tracker

Fill a circle for each day you complete a workout.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Target: 20-24 workouts

Coach's Note

"Busy is not a reason to stop. It is a reason to keep it simple. Twenty minutes done will always beat forty minutes planned."

— Penny

Notes