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 Muscle Build 6	17 NEW MAIN 20 Min Busy Day Full Body Dumbbell	18 40 Min Upper Body Push, Pull & Core	19 NEW MEMBER 20 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 Perimenopause Muscle & Metabolic	24 20 Min No Jumping HIIT	25 20 Min No Repeat Cardio & Abs HIIT	26 NEW LIFTS Lower Body & Glutes	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*

www.garagefitnessgirl.com

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