

FASTER WAY

T O F A T L O S S[®]

OCTOBER 2026 ADVANCED WORKOUT LOG 6X6 WORKOUT FORMAT EMPHASIS

You're about to level up — so track it!

Use this workout tracker to measure your progress and make the most of your Advanced Workouts all month long.

Log the weights you use for each exercise and set — it's the best way to measure strength increases and celebrate your wins week after week.

Follow the prescribed warm-up before each workout to prep your body for success. Need a refresher? Watch the warm-up demo in the workout video inside the app.

And don't forget to tap "Done" when you finish — earn that ★ and keep your streak going strong!



ADVANCED WORKOUTS WARM UP

DIRECTIONS: USE THIS WARM UP FOR ALL ADVANCED WORKOUTS

EXERCISE	REPS/TIME
Air Squats	8 reps
Deep Squat with Rotation	4 reps
Push Up	5 reps
Child's Pose with Side Stretch	8 seconds each side
Arm Circles (forward and backwards)	8 each way

October Advanced Workouts Overview:

This month's Advanced Workout programming features four workouts per week. For the leg day workout and the two total body workouts we will have 6 sets of 6 reps for each exercise. The format for the one arm day workout will consist of two tri-sets. This month we will be reducing recovery time from 45-60 seconds between sets, to 15-30 seconds between sets.

The goals are to improve your ability to produce force, maintain muscular performance, and recover between repeated efforts. The benefits of this training style include developing muscle strength, improved muscular endurance, and increased work capacity.

Come prepared to work, and expect fatigue to build. Remember, the goal is to perform six quality sets while your body is learning to work and recover more efficiently.

Workout Log:

Directions: The workouts for week 1 will repeat on week 3. The workouts for week 2 will repeat on week 4. Log your weights for each exercise and each set.



MONDAY – TOTAL BODY (CHEST, SHOULDERS, LEGS)

Week (circle one) 1 or 3

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
DB Chest Press	6 x 6 reps						
Overhead Press (Standing)	6 x 6 reps						
Dumbbell Deadlift	6 x 6 reps						
Side Lateral Raise	1 x 20 reps						

MONDAY – TOTAL BODY (CHEST, SHOULDERS, LEGS)

Week (circle one) 2 or 4

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Incline DB Chest Press	6 x 6 reps						
Seated Military Press	6 x 6 reps						
Reverse Lunge (alternate legs)	6 x 6 reps (per leg)						
Push Ups	1 x AMRAP						



WEDNESDAY – TOTAL BODY (BACK & GLUTES)

Week (circle one) 1 or 3

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Chest Supported Rows	6 x 6 reps						
Single Arm Bench Row	6 x 6 reps (per arm)						
Hip Thrusts (banded and weighted)	6 x 6 reps						

WEDNESDAY – TOTAL BODY (BACK & GLUTES)

Week (circle one) 2 or 4

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Bent Over Rows	6 x 6 reps						
Single Arm Row (from the ground)	6 x 6 reps (per arm)						
Single Leg Hip Thrust (loaded)	6 x 6 reps (per leg)						



FRIDAY – ARMS (BICEPS & TRICEPS)

Week (circle one) 1 or 3

EXERCISE	REPS	SET 1	SET 2
TRI-SET 1			
Overhead Tricep Extension	2 x 10 reps		
Bicep Curl	2 x 10 reps		
Skull Crushers	2 x 12 reps		
TRI-SET 2			
Wide Curl	2 x 12 reps		
Bench Dip	2 x 12 reps		
Neutral Grip Bicep Curl	2 x 12 reps		

FRIDAY – ARMS (BICEPS & TRICEPS)

Week (circle one) 2 or 4

EXERCISE	REPS	SET 1	SET 2
TRI-SET 1			
Tricep Kickback	2 x 10 reps		
Bicep Curl (seated)	2 x 10 reps		
Overhead Tricep Extension	2 x 10 reps		
TRI-SET 2			
Preacher Curl	2 x 10 reps (per arm)		
Tricep Push Up	2 x 10-12 reps		
Zottman Curls	2 x 10 reps		



SATURDAY – LEGS

Week (circle one) 1 or 3

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Goblet Squat	6 x 6 reps						
Straight Leg Deadlift	6 x 6 reps						
Bulgarian Split Squat	6 x 6 reps (per leg)						

SATURDAY – LEGS

Week (circle one) 2 or 4

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
DB Squat	6 x 6 reps						
Straight Leg Deadlift	6 x 6 reps						
Single Leg Step Up	6 x 6 reps (per leg)						

