OCTOBER 2026

NO WEIGHTS

MON	TUE	WED	THU	FRI	SAT	SUN
			1 REST DAY	2 20 MIN ADVANCED CALISTHENICS	3 30 MIN KILLER HIIT	4 REST DAY
5 60 MIN INTENSE HIIT	6 30 MIN KILLER LOWER BODY	7 30 MIN UPPER BODY CARDIO	8 REST DAY	9 20 MIN FULL BODY CALISTHENICS	10 30 MIN SAVAGE TABATA HIIT	11 REST DAY
12 NEW WORKOUT	13 25 MIN LEAN LEGS	14 25 MIN TONED ARMS & ABS	15 REST DAY	16 30 MIN FULL BODY STRENGTH CALISTHENICS	17 24 MIN INTENSE TABATA	18 REST DAY
19 NEW WORKOUT	20 30 MIN KILLER LEG DAY	21 30 MIN FULL UPPER BODY	22 REST DAY	23 25 MIN LOWER BODY CALISTHENICS	24 24 MIN TABATA PARTY	25 REST DAY
26 NEW WORKOUT	27 20 MIN KILLER LEG WORKOUT	28 30 MIN TONED ARMS & ABS	29 REST DAY	30 25 MIN FULL BODY CALISTHENICS	31 24 MIN TRICK OR TREAT TABATA HIIT	



JOIN THE HARD RESET CHALLENGE FOR 9,99€

Summer is over. It's time to lock in. This challenge is for everyone who wants to get back to their routines and reset. Hard workouts that will challenge you and that will make you SWEAT, are you in?!

iOS and Android Devices

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OCTOBER 2026 WITH WEIGHTS

MON	TUE	WED	THU	FRI	SAT	SUN
			1 REST DAY	2 20 MIN ADVANCED CALISTHENICS	3 40 MIN FULL BODY BURN	4 REST DAY
5 NEW WORKOUT	6 30 MIN GLUTES SCULPT	7 30 MIN UPPER BODY & CARDIO	8 REST DAY	9 20 MIN FULL BODY CALISTHENICS	10 40 MIN KILLER HIIT & CORE	11 REST DAY
12 NEW WORKOUT	13 30 MIN LEG WORKOUT	14 25 MIN ARMS + ABS	15 REST DAY	16 30 MIN FULL BODY STRENGTH CALISTHENICS	17 40 MIN FULL BODY TONING	18 REST DAY
19 NEW WORKOUT	20 30 MIN KILLER LEG DAY	21 30 MIN UPPER BODY	22 REST DAY	23 25 MIN LOWER BODY CALISTHENICS	24 40 MIN KILLER STRENGTH	25 REST DAY
26 NEW WORKOUT	27 30 MIN STRONG GLUTES	28 30 MIN TONED ARMS & BACK	29 REST DAY	30 25 MIN FULL BODY CALISTHENICS	31 24 MIN TRICK OR TREAT TABATA HIIT	



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OCTOBER 2026

LOW IMPACT

MON	TUE	WED	THU	FRI	SAT	SUN
			1 REST DAY	2 30 MIN NO SQUATS & NO LUNGES	3 30 MIN LOW IMPACT	4 REST DAY
5 30 MIN CALISTHENICS INSPIRED WORKOUT	6 40 MIN GLUTES & ABS	7 30 MIN TONED UPPER BODY	8 REST DAY	9 30 MIN LOW IMPACT PILATES	10 40 MIN NO JUMPING HIIT & CORE	11 REST DAY
12 20 MIN FULL BODY CALISTHENICS	13 20 MIN NO SQUATS, NO LUNGES, NO JUMPING	14 15 MIN BACK & CORE + 15 MIN ABS	15 REST DAY	16 30 MIN ALL STANDING KILLER HIIT	17 40 MIN FULL BODY PILATES INSPIRED	18 REST DAY
19 20 MIN ADVANCED CALISTHENICS	20 30 MIN TABATA LEGS	21 25 MIN BETTER POSTURE + 15 MIN CORE	22 REST DAY	23 30 MIN NO JUMPING LOW IMPACT	24 30 MIN ALL STANDING KILLER HIIT	25 REST DAY
26 25 MIN FULL BODY CALISTHENICS	27 20 MIN GLUTES & CORE	28 30 MIN FULL UPPER BODY	29 REST DAY	30 30 MIN NO JUMPING DEEP BURN	31 25 MIN NO JUMPING HIIT	



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