



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	B4 L4 Chest/Back	B4 L4 Legs	Rest Day	B4 L4 Shoulders/Arms	B4 L4 Full Body HIIT	Rest Day
Rest Day	JF BOD Exclusive 8x8	B4 L4 Full Body HIIT	Rest Day	B4 L4 Legs	L4 Free Preview Workout	Rest Day
Rest Day	B4 L4 Chest/Back	JF BOD Exclusive Grab Bag: Power	Rest Day	B4 L4 Shoulders/Arms	B4 L4 Full Body HIIT	Rest Day
Rest Day	L4 Free Preview Workout	B4 L4 Full Body HIIT	Rest Day	JF BOD Exclusive 8x8	B4 L4 Legs	Rest Day
Rest Day	B4 L4 Chest/Back	B4 L4 Legs	Rest Day	B4 L4 Shoulders/Arms	B4 L4 Full Body HIIT	Rest Day

GOALS:

NOTES:

I created this calendar as a suggested workout schedule using LIIFT4 and other Beachbody on Demand programming. This is suggested for those who have completed at least ONE full round of LIIFT4, but in no way represents Beachbody or the tested results that can be achieved in LIIFT4 using the Beachbody approved Workout Calendar and Nutrition Plan as written.



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All JF Calendars