

| SUN                                             | MON                                   | TUE                                                  | WED                                                                   | THU                                     | FRI                          | SAT                                                                   |
|-------------------------------------------------|---------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------|------------------------------|-----------------------------------------------------------------------|
|                                                 | <b>L4 WK 7<br/>FULL BODY<br/>HIIT</b> | <b>CDF MMA<br/>SPEED &amp;<br/>CORE<br/>KINETICS</b> | <b>L4 WK 7<br/>CHEST/<br/>BACK</b>                                    | <b>L4 WK 8<br/>SHOULDERS<br/>/ ARMS</b> | <b>L4 WK 1<br/>LEGS</b>      | <b>CDF MMA<br/>SPEED &amp; 5<br/>MINUTE<br/>CORE ON<br/>THE FLOOR</b> |
| Rest Day/<br>3WK YOGA:<br>WK1, Day 6<br>RELAX   | <b>L4 WK 1<br/>CHEST/<br/>TRIS</b>    | <b>L4 WK 1<br/>BACK/<br/>BIS</b>                     | <b>L4 WK 7<br/>FULL BODY<br/>HIIT<br/>or Rest Day<br/>/L4 Stretch</b> | <b>L4 WK 3<br/>LEGS</b>                 | <b>L4 WK 2<br/>SHOULDERS</b> | <b>CDF MMA<br/>SHRED &amp; 5<br/>MINUTE<br/>CORE ON<br/>THE FLOOR</b> |
| Rest Day/<br>3WK YOGA:<br>WK2, Day 2<br>STRETCH | <b>L4 WK 3<br/>CHEST/<br/>TRIS</b>    | <b>L4 WK 4<br/>BACK/<br/>BIS</b>                     | <b>L4 WK 7<br/>FULL BODY<br/>HIIT<br/>or Rest Day</b>                 | <b>L4 WK 6<br/>SHOULDERS</b>            | <b>L4 WK 5<br/>LEGS</b>      | <b>CDF MMA<br/>POWER<br/>or Rest Day<br/>/L4 R&amp;R</b>              |
| Rest Day/<br>3WK YOGA:<br>WK2, Day 2<br>STRETCH | <b>L4 WK 5<br/>CHEST/<br/>TRIS</b>    | <b>L4 WK 5<br/>BACK/<br/>BIS</b>                     | <b>L4 WK 7<br/>FULL BODY<br/>HIIT<br/>or Rest Day<br/>/L4 Stretch</b> | <b>L4 WK 7<br/>LEGS</b>                 | <b>L4 WK 3<br/>SHOULDERS</b> | <b>CDF MMA<br/>PLYO<br/>or Rest Day<br/>/L4 R&amp;R</b>               |

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.