



SUN

MON

TUE

WED

THU

FRI

SAT

**L4 WK1**  
**CHEST/ TRICEPS**  
BB WK1  
CARDIO BLEND

**L4 WK2**  
**BACK/ BICEPS**  
BB WK1  
LEAN LEGS  
BLEND

BB WK1  
BOOTY  
BLEND  
**L4 WK2**  
**LEGS HIIT**

**L4 WK1**  
**SHOULDERS**  
BB WK2  
CORE  
BLEND

**L4 WK1**  
**LEGS**  
BB WK4  
CARDIO  
BLEND

BB WK2  
FULL BODY  
BLEND  
**JF EXCL:**  
**LIFT/HIIT**

**L4 ROLL & RECOVER**  
*Recover/ Stretch Day*

**L4 WK3**  
**CHEST/ TRICEPS**  
BB WK3  
CARDIO BLEND

**L4 WK4**  
**BACK/ BICEPS**  
BB WK5  
LEAN LEGS  
BLEND

BB WK4  
BOOTY  
BLEND  
**L4 WK4**  
**LEGS HIIT**

**L4 WK3**  
**SHOULDERS**  
BB WK4  
CORE  
BLEND

**L4 WK3**  
**LEGS**  
BB WK4  
FULL BODY  
BLEND

**L4 WK7**  
**FULL BODY HIIT**  
BB ENHANCE  
YOUR UPPER  
BODY

BB YOGA  
BLEND  
*Recover/ Stretch Day*

**L4 WK5**  
**CHEST/ TRICEPS**  
BB WK5  
CARDIO BLEND

**L4 WK6**  
**BACK/ BICEPS**  
BB WK6  
LEAN LEGS  
BLEND

BB WK6  
BOOTY  
BLEND  
**L4 WK6**  
**LEGS HIIT**

**L4 WK5**  
**SHOULDERS**  
BB WK6  
CORE  
BLEND

**L4 WK5**  
**LEGS**  
BB WK7  
CARDIO  
BLEND

BB WK5  
FULL BODY  
BLEND  
**JF EXCL:**  
**8X8**

**L4 STRETCH**  
*Recover/ Stretch Day*

**L4 WK6**  
**CHEST/ TRICEPS**  
BB WK8  
CARDIO BLEND

**L4 WK5**  
**BACK/ BICEPS**  
BB WK8  
LEAN LEGS  
BLEND

BB WK8  
BOOTY  
BLEND  
**L4 WK4**  
**LEGS HIIT**

**L4 WK6**  
**SHOULDERS**  
BB WK8  
CORE  
BLEND

**L4 WK7**  
**LEGS**  
BB WK8  
FULL BODY  
BLEND

**L4 WK8**  
**FULL BODY HIIT**  
BB ENHANCE  
YOUR BOOTY

**BB ROLL & REPLENISH**  
*Recover/ Stretch Day*

**HOW TO COMBINE ELISE'S AND JOEL'S WORKOUTS**

Start with the first program listed in each day. Any LIIFT4 workout that is either a **50/50** or **Circuit** format you will **ONLY** be doing the weighted, lifting portion in that workout, **NOT** any HIIT, Burnout or Core Component. Then supplement with the next workout listed. LIIFT4 **Intervals** you do in its entirety, stopping at the Core Component, then moving to the next workout.

Note from Elise and Joel:

This calendar has been created as a suggested workout schedule using the programs BARRE BLEND, LIIFT4 and Joel Freeman's BOD Exclusives. This is what we would suggest and in no way represents Beachbody or the tested results that can be achieved in following either of the programs and their use of the Beachbody approved Workout Calendars and Nutrition Plans as written.

ENJOY! 😊

– Elise & Joel