

LIIFT4™ 10 ROUNDS™ 90 DAY HYBRID

W01
W02
W03
W04
W05
W06
W07
W08
W09
W10
W11
W12

| SUN | MON | TUES | WED | THU | FRI | SAT |
|-----------------------------|--------------------------------------|----------------------------------|--------------------------------------|--------------------------------|--------------------------------|------------------------------------|
| | LIIFT4 WK1 SHOULDERS | LIIFT4 WK1 BACK/ BIS | 10 ROUNDS WK1 BOX 2 | LIIFT4 WK1 LEGS | LIIFT4 WK1 CHEST/ TRIS | 10 ROUNDS WK1 BOX 3 |
| LIIFT4 ROLL & RECOVER | LIIFT4 WK2 BACK/ BIS | 10 ROUNDS WK2 BOX 1 | LIIFT4 WK2 CHEST/ TRIS | 10 ROUNDS WK1 LOWER LIFT | LIIFT4 WK2 SHOULDERS | JF EXCL 8X8 |
| LIIFT4 STRETCH | LIIFT4 WK3 LEGS | LIIFT4 WK3 SHOULDERS | LIIFT4 WK3 CHEST/ TRIS | 10 ROUNDS WK2 BOX 2 | LIIFT4 WK3 BACK/ BIS | 10 ROUNDS WK2 BOX 3 |
| LIIFT4 ROLL & RECOVER | 10 ROUNDS WK3 BOX 1 | LIIFT4 WK2 BACK/ BIS | LIIFT4 WK2 SHOULDERS | LIIFT4 WK3 CHEST/ TRIS | 10 ROUNDS WK1 LOWER LIFT | JF EXCL GRAB BAG: POWER |
| LIIFT4 STRETCH | LIIFT4 WK4 SHOULDERS | LIIFT4 WK5 BACK/ BIS | 10 ROUNDS WK3 BOX 2 | LIIFT4 WK5 LEGS | LIIFT4 WK4 CHEST/ TRIS | 10 ROUNDS WK3 BOX 3 |
| LIIFT4 ROLL & RECOVER | 10 ROUNDS WK3 LOWER LIFT | LIIFT4 WK5 CHEST/ TRIS | LIIFT4 WK5 SHOULDERS | LIIFT4 WK4 BACK/ BIS | 10 ROUNDS WK4 BOX 1 | JF EXCL FULL BODY XPRESS |
| LIIFT4 STRETCH | LIIFT4 WK4 CHEST/ TRIS | 10 ROUNDS WK4 BOX 2 | LIIFT4 WK6 BACK/ BIS | LIIFT4 WK5 LEGS | LIIFT4 WK6 SHOULDERS | 10 ROUNDS WK4 BOX 3 |
| LIIFT4 ROLL & RECOVER | 10 ROUNDS WK5 BOX 1 | LIIFT4 WK6 CHEST/ TRIS | 10 ROUNDS WK4 LOWER LIFT | LIIFT4 WK4 SHOULDERS | LIIFT4 WK5 BACK/ BIS | LIIFT4 WK7 FULL BODY HIIT |
| LIIFT4 STRETCH | LIIFT4 WK3 LEGS | LIIFT4 WK3 SHOULDERS | LIIFT4 WK3 CHEST/ TRIS | 10 ROUNDS WK5 BOX 2 | LIIFT4 WK3 BACK/ BIS | 10 ROUNDS WK5 BOX 3 |
| LIIFT4 ROLL & RECOVER | 10 ROUNDS WK5 LOWER LIFT | LIIFT4 WK5 BACK/ BIS | 10 ROUNDS WK6 BOX 1 | LIIFT4 WK5 CHEST/ TRIS | LIIFT4 WK4 SHOULDERS | JF EXCL 8X8 |
| LIIFT4 STRETCH | LIIFT4 WK7 SHOULDERS / ARMS | LIIFT4 WK7 LEGS | LIIFT4 WK7 CHEST / BACK | 10 ROUNDS WK6 BOX 2 | 10 ROUNDS WK2 UPPER LIFT | LIIFT4 WK8 FULL BODY HIIT |
| LIIFT4 ROLL & RECOVER | 10 ROUNDS WK6 LOWER LIFT | LIIFT4 WK8 CHEST / BACK | LIIFT4 WK8 SHOULDERS / ARMS | LIIFT4 WK8 LEGS | 10 ROUNDS WK4 UPPER LIFT | 10 ROUNDS WK6 BOX 3 |

THIS CALENDAR IS DESIGNED TO MAXIMIZE THE BENEFITS OF WEIGHT TRAINING AND CARDIO BY CREATING A FUN COMBINATION OF LIIFT4, 10 ROUNDS AND OTHER BOD WORKOUTS. IT IS HIGHLY SUGGESTED TO HAVE COMPLETED ONE ROUND OF EACH PROGRAM IN THEIR ENTIRETY BEFORE BEGINNING. THIS IS WHAT I WOULD SUGGEST AND IN NO WAY REPRESENTS BEACHBODY OR THE TESTED RESULTS THAT CAN BE ACHIEVED IN FOLLOWING ANY OF THE PROGRAMS IN USING THE BEACHBODY APPROVED WORKOUT CALENDARS AND NUTRITION PLANS AS WRITTEN. ENJOY! -JOEL FREEMAN

JF *Joel Freeman*