

10 ROUNDS

#mbf

MUSCLE BURNS FAT™

#mbfa

MUSCLE BURNS FAT ADVANCED™

SUN

MON

TUES

WED

THU

FRI

SAT

WK1

MBF
WK 1 LOWER
BODY BURN

10 ROUNDS
WK 1
BOX 1

MBF
WK 1 UPPER
BODY BURN

10 ROUNDS
WK 1
BOX 2

MBF
WK 1 FULL
BODY BURN

10 ROUNDS
WK 1
BOX 3

WK2

MBF
WK 1
DYNAMIC
RECOVERY

10 ROUNDS
WK 2
BOX 1

MBF
WK 2 LOWER
BODY BURN

10 ROUNDS
WK 2
BOX 2

MBF
WK 2 UPPER
BODY BURN

10 ROUNDS
WK 2
BOX 3

MBF
WK 1 POWER
IGNITE & 10 MIN
CORE IGNITE

WK3

LIIFT4
STRETCH

MBF
WK 3 LOWER
BODY BURN

10 ROUNDS
WK 3
BOX 1

MBF
WK 3 UPPER
BODY BURN

10 ROUNDS
WK 3
BOX 2

MBF
WK 2 FULL
BODY BURN

10 ROUNDS
WK 3
BOX 3

WK4

MBF
WK 2
DYNAMIC
RECOVERY

10 ROUNDS
WK 4
BOX 1

MBFA
WK 1 LOWER
BODY BURN

10 ROUNDS
WK 4
BOX 2

MBFA
WK 1 UPPER
BODY BURN

10 ROUNDS
WK 4
BOX 3

MBF
WK 2 POWER
IGNITE & 10 MIN
CORE IGNITE

WK5

LIIFT4
ROLL &
RECOVER

MBFA
WK 2 LOWER
BODY BURN

10 ROUNDS
WK 5
BOX 1

MBFA
WK 2 UPPER
BODY BURN

10 ROUNDS
WK 5
BOX 2

MBF
WK 3 FULL
BODY BURN

10 ROUNDS
WK 5
BOX 3

WK6

MBF
WK 3
DYNAMIC
RECOVERY

10 ROUNDS
WK 6
BOX 1

MBFA
WK 3 LOWER
BODY BURN

10 ROUNDS
WK 6
BOX 2

MBFA
WK 3 UPPER
BODY BURN

10 ROUNDS
WK 6
BOX 3

MBF
WK 3 POWER
IGNITE & 10 MIN
CORE IGNITE

THIS CALENDAR IS DESIGNED TO MAXIMIZE THE BENEFITS OF THE WORKOUT PROGRAMS 10 ROUNDS, #MBF AND #MBFA. IT IS HIGHLY SUGGESTED TO HAVE COMPLETED ONE ROUND OF EACH PROGRAM IN THEIR ENTIRETY BEFORE BEGINNING. THIS IS WHAT WE 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! -MEGAN DAVIES & JOEL FREEMAN

6 WEEK HYBRID