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100 DAYS WITH REST DAYS

CARDIO MELTDOWN 1	L4 CHEST/TRI'S 1	TOTAL BODY BADASS 4	L4 BACK/BI'S 1 + FREESTYLE FLOW 5	REST	LIT CARDIO 6	L4 SHOULDERS 1	FIGHT CLUB 8 + CORE INFERNO 3	L4 LEGS 1 + RE-VIBE 10	REST
CARDIO MELTDOWN 11	L4 CHEST/TRI'S 2	TOTAL BODY BADASS 14	L4 BACK/BI'S 2 + FREESTYLE FLOW 15	REST	LIT CARDIO 16	L4 SHOULDERS 2	FIGHT CLUB 18 + CORE INFERNO 13	L4 LEGS 2 + RE-VIBE 20	REST
CARDIO MELTDOWN 21	L4 CHEST/TRI'S 3	TOTAL BODY BADASS 24	L4 BACK/BI'S 3 + FREESTYLE FLOW 25	REST	LIT CARDIO 26	L4 SHOULDERS 3	FIGHT CLUB 28 + CORE INFERNO 23	L4 LEGS 3 + RE-VIBE 30	REST
CARDIO MELTDOWN 31	L4 CHEST/TRI'S 4	TOTAL BODY BADASS 34	L4 BACK/BI'S 4 + FREESTYLE FLOW 35	REST	LIT CARDIO 36	L4 SHOULDERS 4	FIGHT CLUB 38 + CORE INFERNO 33	L4 LEGS 4 + RE-VIBE 40	REST
CARDIO MELTDOWN 41	L4 CHEST/TRI'S 5	TOTAL BODY BADASS 44	L4 BACK/BI'S 5 + FREESTYLE FLOW 45	REST	LIT CARDIO 46	L4 SHOULDERS 5	FIGHT CLUB 48 + CORE INFERNO 43	L4 LEGS 5 + RE-VIBE 50	REST
CARDIO MELTDOWN 51	L4 CHEST/TRI'S 6	TOTAL BODY BADASS 54	L4 BACK/BI'S 6 + FREESTYLE FLOW 55	REST	LIT CARDIO 56	L4 SHOULDERS 6	FIGHT CLUB 58 + CORE INFERNO 53	L4 LEGS 6 + RE-VIBE 60	REST
CARDIO MELTDOWN 61	L4 CHEST/TRI'S 1	TOTAL BODY BADASS 64	L4 BACK/BI'S 1 + FREESTYLE FLOW 65	REST	LIT CARDIO 66	L4 SHOULDERS 1	FIGHT CLUB 68 + CORE INFERNO 63	L4 LEGS 3 + RE-VIBE 70	REST
CARDIO MELTDOWN 71	L4 CHEST/TRI'S 2	TOTAL BODY BADASS 74	L4 BACK/BI'S 2 + FREESTYLE FLOW 75	REST	LIT CARDIO 76	L4 SHOULDERS 2	FIGHT CLUB 78 + CORE INFERNO 73	L4 LEGS 5 + RE-VIBE 80	REST
CARDIO MELTDOWN 81	L4 CHEST/BACK 7	TOTAL BODY BADASS 84	L4 SHLDRS/ARMS 7+ FREESTYLE FLOW 85	REST	LIT CARDIO 86	L4 LEGS 7	FIGHT CLUB 88 + CORE INFERNO 83	L4 FULL BODY HIIT 7 + RE-VIBE 90	REST
CARDIO MELTDOWN 91	L4 CHEST/BACK 8	TOTAL BODY BADASS 94	L4 SHLDRS/ARMS 8+ FREESTYLE FLOW 95	REST	LIT CARDIO 96	L4 LEGS 8	FIGHT CLUB 98 + CORE INFERNO 93	REST	MELT MIX 100

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

A note from Jericho and Joel: This calendar was created as a suggested workout schedule using MORNING MELTDOWN 100 and LIIFT4. This calendar is suggested for those who have completed at least ONE round of both MORNING MELTDOWN 100 and LIIFT4, but in no way represents Beachbody or the tested results that can be achieved in MORNING MELTDOWN 100 or LIIFT4 using the Beachbody approved workout calendars and nutrition plans as written.