



SUN

MON

TUE

WED

THU

FRI

SAT

	L4 WK1 CHEST/ TRICEPS 6WTW WK1 PULL	L4 WK1 LEGS 6WTW WK1 ENDURANCE & AGILITY	<i>Recover/</i> <i>Stretch Day</i>	L4 WK1 SHOULDERS 6WTW WK2 ISOMETRICS	6WTW WK2 CRUCIBLE L4 ROLL & RECOVER	L4 WK7 FULL BODY HIIT
<i>Recover/</i> <i>Stretch Day</i>	TW WK1 PUSH L4 WK2 BACK/ BICEPS	L4 WK3 LEGS 6WTW WK2 CARDIO CORE	<i>Recover/</i> <i>Stretch Day</i>	L4 WK3 SHOULDERS 6WTW WK4 ISOMETRICS	L4 WK2 LEGS HIIT 6WTW WK1 RANGE & REPAIR	6WTW WK3 ENDURANCE & AGILITY
<i>Recover/</i> <i>Stretch Day</i>	L4 WK3 CHEST/ TRICEPS 6WTW WK3 PULL	L4 WK5 LEGS 6WTW WK4 CRUCIBLE	<i>Recover/</i> <i>Stretch Day</i>	L4 WK4 SHOULDERS 6WTW WK6 ISOMETRICS	6WTW WK2 TOTAL BODY PUSH/PULL L4 STRETCH	L4 WK8 FULL BODY HIIT
<i>Recover/</i> <i>Stretch Day</i>	6WTW WK 5 PUSH L4 WK4 BACK/ BICEPS	L4 WK7 LEGS 6WTW WK6 CARDIO CORE	<i>Recover/</i> <i>Stretch Day</i>	L4 WK6 SHOULDERS 6WTW WK4 ISOMETRICS	L4 WK6 LEGS HIIT 6WTW WK4 RANGE & REPAIR	6WTW WK6 CRUCIBLE

HOW TO COMBINE AMOILA'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 Amoila and Joel:

This calendar has been created as a suggested workout schedule using the programs 6 WEEKS OF THE WORK and LIIFT4 and is an INTENSE blend of the two programs. We would recommend this calendar only for those that have completed both programs at least once through each in their entirety. 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 their use of the Beachbody approved Workout Calendars and Nutrition Plans.

GOOD LUCK! ☺

– Amoila & Joel