

LIIFT 4 & MORE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest Day	LIIFT 4 Chest / Triceps 1	LIIFT MORE Legs 5	LIIFT 4 Back / Biceps 1	LIIFT 4 Legs 1	LIIFT MORE Shoulders 1	(OPTIONAL) LIIFT MORE LIIFT Express Core
Rest Day	LIIFT MORE Chest / Biceps 1	LIIFT MORE Quads / Calves 3	LIIFT MORE Back / Triceps 1	LIIFT MORE Hamstrings / Glutes 3	LIIFT 4 Shoulders 2	(OPTIONAL) LIIFT 4 Legs HIIT 4
Rest Day	LIIFT 4 Chest / Triceps 3	LIIFT 4 Legs 3	LIIFT 4 Back / Biceps 3	LIIFT MORE More Legs 5	LIIFT MORE Shoulders 3	(OPTIONAL) LIIFT MORE LIIFT Express HIIT
Rest Day	LIIFT MORE Chest / Biceps 3	LIIFT MORE Quads / Calves 1	LIIFT MORE Back / Triceps 3	LIIFT MORE Hamstrings / Glutes 1	LIIFT 4 Shoulders 4	(OPTIONAL) LIIFT 4 Legs HIIT 6
Rest Day	LIIFT 4 Legs 5	LIIFT 4 Chest / Triceps 5	LIIFT MORE More Legs 6	LIIFT MORE Shoulders 5	LIIFT 4 Back / Biceps 5	(OPTIONAL) LIIFT MORE Express HIIT Cycle
Rest Day	LIIFT MORE Legs 7	LIIFT MORE Chest / Biceps 4	LIIFT MORE More Legs 7	LIIFT 4 Shoulders 6	LIIFT MORE Back / Triceps 4	(OPTIONAL) LIIFT 4 Full Body HIIT 7
Rest Day	LIIFT 4 Chest / Back 7	LIIFT MORE Legs 6	LIIFT MORE Shoulders 7	LIIFT 4 Legs 7	LIIFT MORE Arms 7	(OPTIONAL) LIIFT MORE Express Booty
Rest Day	LIIFT MORE Chest / Back 8	LIIFT 4 Legs 8	LIIFT MORE Shoulders 8	LIIFT MORE More Legs 8	LIIFT MORE Arms 8	(OPTIONAL) LIIFT 4 Full Body HIIT 8

This calendar has been created as a suggested workout schedule using various Beachbody On Demand (BOD) and BODi programming. This in no way repents Beachbody or the tested results that can be achieved using the Beachbody approved Workout Calendars and Nutrition Plans as written.