



LIIFT MORE



10 ROUNDS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest Day	LIIFT MORE wk 6 Chest / Back	10 ROUNDS wk 5 Boxing 2	LIIFT MORE wk 5 Legs	LIIFT MORE wk 1 Shoulders	10 ROUNDS wk 5 Boxing 3	LIIFT MORE wk 6 Arms
Rest Day	LIIFT MORE wk 5 MORE Legs	LIIFT MORE wk 3 Shoulders	10 ROUNDS wk 2 Boxing 2	LIIFT MORE wk 5 Chest / Back	LIIFT MORE wk 5 Arms	10 ROUNDS wk 2 Boxing 3
Rest Day	LIIFT MORE wk 8 Chest / Back	10 ROUNDS wk 4 Boxing 2	LIIFT MORE wk 7 Legs	LIIFT MORE wk 7 Arms	10 ROUNDS wk 4 Boxing 3	LIIFT MORE wk 5 Shoulders
Rest Day	LIIFT MORE wk 7 MORE Legs	LIIFT MORE wk 7 Chest / Back	10 ROUNDS wk 3 Boxing 2	LIIFT MORE wk 8 Arms	LIIFT MORE wk 7 Shoulders	10 ROUNDS wk 3 Boxing 3

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