



BODi™ by Joel VOLUME 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9/11/23 Chest & Back	2/22/23 Cardio Sweat & Core	7/18/23 Leg Day	1/26/23 Burn TNT	8/22/23 BTS (Bi's, Tri's, Shoulders)	2/21/23 Burn
Recovery	9/12/23 Chest & Back (either one)	7/19/23 Leg Day	8/21/23 Boxing: In the Ring	8/23/23 BTS (Bi's, Tri's, Shoulders)	1/25/23 Strong	11/14/23 Glutes & Abs
Recovery	11/14/23 Chest & Back	5/15/23 Burn	11/13/23 Leg Day	8/22/23 Boxing: Agility & Endurance	11/13/23 BTS (Bi's, Tri's, Shoulders)	5/15/23 Core & More
Recovery	1/17/24 Chest & Back	8/23/23 Boxing: In the Ring	1/16/24 BTS (Bi's, Tri's, Shoulders)	1/16/24 Leg Day	5/16/23 Strong Build	1/17/24 Glutes & Abs

NOTES: Make sure to "Search by Trainer," and select Joel Freeman.

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