

SUN	MON	TUE	WED	THU	FRI	SAT
	L4 WK 1 CHEST/ TRIS	L4 WK 1 BACK/ BIS	L4 WK 7 FULL BODY HIIT or Rest Day /L4 Stretch	L4 WK 3 LEGS	L4 WK 2 SHOULDERS	JF TRAINER EXCLUSIVE: GRAB BAG: POWER or Rest Day /L4 R&R
Rest Day/ 3WK YOGA: WK1, Day 2 STRETCH	L4 WK 3 CHEST/ TRIS	L4 WK 3 BACK/ BIS	L4 WK 8 FULL BODY HIIT or Rest Day /L4 Stretch	L4 WK 4 SHOULDERS	L4 WK 1 LEGS	JF TRAINER EXCLUSIVE: 8x8 & CDF CORE KINETICS or Rest Day /L4 R&R
Rest Day/ 3WK YOGA: WK1, Day 6 RELAX	L4 WK 5 CHEST/ TRIS	L4 WK 5 BACK/ BIS	L4 WK 7 FULL BODY HIIT or Rest Day /L4 Stretch	L4 WK 5 LEGS	L4 WK 3 SHOULDERS	CDF MMA POWER or Rest Day /L4 R&R
Rest Day/ 3WK YOGA: WK2, Day 2 STRETCH	L4 WK 3 CHEST/ TRIS	L4 WK 4 BACK/ BIS	L4 WK 8 FULL BODY HIIT or Rest Day /L4 Stretch	L4 WK 6 SHOULDERS	L4 WK 7 LEGS	CDF MMA PLYO or Rest Day /L4 R&R

I created this calendar as a suggested workout schedule using LIIFT4 and other Beachbody on Demand programming. This is suggested for those who have completed at least ONE full round of LIIFT4, but in no way represents Beachbody or the tested results that can be achieved in LIIFT4 using the Beachbody approved Workout Calendar and Nutrition Plan as written.