



FAT BLAST

WITH JOEL FREEMAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest Day / L4 Stretch	L4 W2 Back/Biceps	L4 W1 Chest/Triceps	BODi Burn Crush Cardio - Sep 10	L4 W3 Shoulders	L4 W3 Legs	BODi LIIFT4 Core - Oct 25
Rest Day / L4 Roll & Recover	L4 W3 Chest/Triceps	L4 W4 Back/Biceps	L4 W5 Shoulders	BODi Camp Strength - Nov 3	L4 W1 Legs	BODi Burn Crush Cardio - Oct 11
Rest Day / L4 Stretch	L4 W3 Back/Biceps	L4 W4 Shoulders	BODi Burn Crush Cardio - Nov 1	L4 W5 Chest/Triceps	L4 W5 Legs	BODi LIIFT4 Core - Dec 6
Rest Day / L4 Roll & Recover	L4 W8 Legs	L4 W5 Back/Biceps	L4 W3 Chest/Triceps	L4 W6 Legs HIIT	L4 W2 Shoulders	BODi Burn Crush Cardio - Dec 13

GOALS:

NOTES:

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.



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All JF Calendars