



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|---|---|--|---|---|---|
| | LIIFT MORE SB Week 1 Chest | Barre Blend SB Week 1 Booty Blend | LIIFT MORE SB Week 1 Back | LIIFT MORE SB Week 1 MORE Legs | Barre Blend SB Week 1 Full Body Blend | Barre Blend SB Week 1 Core Blend |
| BB Meditation "I AM Empowered" | LIIFT MORE SB Week 2 Chest | LIIFT MORE SB Week 2 Legs | Barre Blend SB Week 2 Full Body Blend | Barre Blend SB Week 2 Booty Blend | LIIFT MORE SB Week 2 Shoulders/Arms | Barre Blend Week 2 Core Blend |
| BB Meditation "I AM Proud" | LIIFT MORE SB Week 3 Chest | Barre Blend SB Week 3 Booty Blend | LIIFT MORE SB Week 3 Back | LIIFT MORE SB Week 3 MORE Legs | Barre Blend SB Week 3 Full Body Blend | Barre Blend Week 3 Core Blend |
| BB Meditation "I AM Strong" | LIIFT MORE SB Up Week MORE UPPER | Barre Blend SB Up Week Flow Motion | LIIFT MORE SB Up Week MORE Lower | Barre Blend SB Up Week Hustle & Flow | LIIFT MORE SB Up Week Greatest Hits Vol2 | Barre Blend SB Up Week Flow Ride |

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.



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