



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
barre blend meditation I AM Adventurous	LIIFT4 Chest / Triceps Week 2	LAVA HIIT Week 1	LIIFT4 Back / Biceps Week 1	LAVA Endurance Week 1	LIIFT4 Legs Week 1	LAVA Yoga Hybrid Week 1
barre blend meditation I AM Confident	LAVA Primal Hybrid Week 2	LIIFT4 Chest / Triceps Week 1	LAVA Agility Week 2	LIIFT4 Back / Biceps Week 2	LAVA Isometrics Week 2	LIIFT4 Shoulders Week 2
barre blend meditation I AM Adaptable	LIIFT4 Back / Biceps Week 3	LAVA Endurance Week 3	LIIFT4 Legs Week 3	LAVA Compound Week 3	LIIFT4 Chest / Triceps Week 3	LAVA Yoga Hybrid Week 3
barre blend meditation I AM Empowered	LAVA Agility Week 4	LIIFT4 Back / Biceps Week 5	LAVA Isometrics Week 4	LIIFT4 Legs Week 4	LAVA Athletic Offroad Week 4	LIIFT4 Shoulders Week 4
barre blend meditation I AM Free	LIIFT4 Chest / Back Week 7	LAVA Compound Week 5	LIIFT4 Legs Week 7	LAVA Endurance Week 5	LIIFT4 Full Body HIIT Week 7	LAVA Yoga Hybrid Week 5
barre blend meditation I AM Limitless	LAVA Primal Hybrid Week 6	LIIFT4 Shoulders / Arms Week 8	LAVA Agility Week 6	LIIFT4 Chest / Back Week 8	LAVA Metabolic Burn Week 6	LIIFT4 Full Body HIIT Week 8

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.