

Joelf's Advent Calendar

December
2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	LIIFT4 WEEK1 Chest / Triceps	LIIFT MORE WEEK5 Legs	LIIFT MORE WEEK2 Shoulders	10 ROUNDS WEEK2 Lower	LIIFT4 WEEK4 Back / Biceps	10 ROUNDS WEEK2 Day 5
8	9	10	11	12	13	14
Rest Day	LIIFT MORE WEEK3 Chest / Biceps	LIIFT4 WEEK1 Legs	LIIFT MORE WEEK3 Back / Triceps	LIIFT MORE WEEK6 Legs	LIIFT4 WEEK3 Shoulders	10 ROUNDS WEEK3 Day 5
15	16	17	18	19	20	21
Rest Day	LIIFT MORE WEEK6 MORE Legs	LIIFT4 WEEK7 Chest / Back	LIIFT MORE WEEK3 Shoulders	10 ROUNDS WEEK4 Lower	LIIFT MORE WEEK5 Arms	10 ROUNDS WEEK4 Day 5
22	23	24	25	26	27	28
Rest Day	LIIFT MORE WEEK8 Legs	LIIFT4 WEEK8 Chest / Back	LIIFT MORE WEEK5 Shoulders	LIIFT4 WEEK6 Legs	LIIFT MORE WEEK7 Arms	10 ROUNDS WEEK5 Day 5
29	30	31	1	2	3	4
Rest Day	LIIFT MORE WEEK8 MORE Legs	10 ROUNDS WEEK6 Day 5	Happy New Year!			

25
Days 'Til Christmas

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. Design by @JimmieBrent



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All JF Calendars

