



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	25MST - WEEK 2 Lower 2	LAVA - WEEK 1 Yoga Hybrid	25MST - WEEK 3 Total Body	LAVA - WEEK 2 Isometrics	25MST - WEEK 2 Upper 1	LAVA - WEEK 2 Metabolic Burn
Rest	LAVA - WEEK 2 Athletic Offroad	25MST - WEEK 3 Upper 2	LAVA - WEEK 2 Primal Hybrid	25MST - WEEK 4 Lower 1	LAVA - WEEK 3 Endurance	25MST - WEEK 2 Core Cardio
Rest	25MST - WEEK 3 Lower 1	LAVA - WEEK 5 Yoga Hybrid	25MST - WEEK 7 Total Body	LAVA - WEEK 3 HIIT	25MST - WEEK 6 Upper 1	LAVA - WEEK 5 Core Control
Rest	LAVA - WEEK 3 Athletic Offroad	25MST - WEEK 7 Upper 2	LAVA - WEEK 3 Compound	25MST - WEEK 8 Lower 2	LAVA - WEEK 5 Endurance	25MST - WEEK 6 Core Cardio

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. Graphic designer - @JimmieBrenton_