



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest / 25MST - F&M 1	LIIFT MORE - WEEK 5 Legs	LIIFT MORE - WEEK 6 Chest & Back	25MST - WEEK 3 Core Cardio	LIIFT MORE - WEEK 5 Arms	25MST - WEEK 2 Lower 2	25MST - WEEK 2 Upper 2
Rest / 25MST - F&M 2	LIIFT MORE - WEEK 2 Chest & Biceps	25MST - WEEK 4 Lower 1	25MST - WEEK 4 Total Body	25MST - WEEK 4 Upper 1	LIIFT MORE - WEEK 5 MORE Legs	LIIFT MORE - WEEK 3 Shoulders
Rest / 25MST - F&M 1	25MST - WEEK 6 Lower 1	LIIFT MORE - WEEK 8 Chest & Back	25MST - WEEK 5 Core Cardio	25MST - WEEK 6 Upper 1	LIIFT MORE - WEEK 8 MORE Legs	LIIFT MORE - WEEK 6 Arms
Rest / 25MST - F&M 2	LIIFT MORE - WEEK 3 Chest & Biceps	LIIFT MORE - WEEK 8 Legs	25MST - WEEK 7 Total Body	LIIFT MORE - WEEK 4 Shoulders	25MST - WEEK 8 Lower 2	25MST - WEEK 8 Upper 1

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](#)