



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest / Recovery	Sure Thing <b>Endurance Strength</b> Week 1	LIIFT MORE <b>Chest</b> Week 1	Sure Thing <b>Cardio Conditioning</b> Week 1	LIIFT MORE <b>MORE Legs</b> Week 1	Sure Thing <b>Bodyweight Burnout</b> Week 1	Rest / Recovery
Rest / Recovery	LIIFT MORE <b>Legs</b> Week 2	Sure Thing <b>Explosive Cardio</b> Week 2	LIIFT MORE <b>Back</b> Week 2	Sure Thing <b>Lower Body Power</b> Week 2	LIIFT MORE <b>Shoulders / Arms</b> Week 1	Rest / Recovery
Rest / Recovery	Sure Thing <b>Upper Body Power</b> Week 3	LIIFT MORE <b>MORE Legs</b> Week 2	Sure Thing <b>Endurance Strength</b> Week 3	LIIFT MORE <b>Chest</b> Week 2	Sure Thing <b>EMOM Strength</b> Week 3	Rest / Recovery
Rest / Recovery	LIIFT MORE <b>MORE Lower</b> Up Week	Sure Thing <b>Strength &amp; Conditioning Circuit</b> Week 3	LIIFT MORE <b>Back</b> Week 3	Sure Thing <b>Power Strength</b> Up Week	LIIFT MORE <b>Shoulders / Arms</b> Week 3	Rest / Recovery

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.