



BODi™ by Joel

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9/26/22 LIIFT Week - Day 1: Legs (HIIT on Bike)	3/3/22 BODi Burn	3/2/22 Upper BODi Strength	2/28/22 BODi Camp	9/27/22 LIIFT Express: HIIT	4/5/22 Strength & Cycle
8/15/22 Core 20	9/27/22 LIIFT Week - Day 2: Chest & Back (LIFT)	8/17/22 Lower BODi Strength	2/28/22 Strong BODi	3/2/22 10 ROUNDS: Express	8/16/22 Upper BODi Strength	8/16/22 BODi Burn Crush
9/26/22 LIIFT Express Core	11/22/22 Lower BODi Strength	3/1/22 Cycle & Strength	10/19/22 10 ROUNDS: Express	9/28/22 LIIFT Week - Day 3: Shoulders (HIIT on Bike)	8/18/22 BODi Camp	4/7/22 BODi Camp 'Zaddy Workout!'
8/17/22 Core 20	10/19/22 Upper BODi Strength	11/21/22 10 ROUNDS: Express	10/18/22 BODi Camp	4/7/22 BODi Burn	9/29/22 LIIFT Week - Day 4: More Legs (HIIT on Bike)	2/2/22 Cycle & Strength
11/22/22 Core 20						

NOTES: Make sure to "Search by Trainer," and select Joel Freeman. For January 21 - "Zaddy Workout" make sure to select "Amoila and Joel."

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.



@JoelFreemanFitness



JoelFreemanFitness.com



All JF Calendars