

SUN	MON	TUE	WED	THU	FRI	SAT
	LIIFT4 WK1 CHEST/TRICEPS	LIIFT4 WK2 BACK/BICEPS	10 ROUNDS WK2 BOXING 2	LIIFT4 WK3 SHOULDERS	LIIFT4 WK3 LEGS	10 ROUNDS WK2 BOXING 3
LIIFT4 ROLL & RECOVER	LIIFT4 WK4 BACK/BICEPS	10 ROUNDS WK3 BOXING 2	LIIFT4 WK4 SHOULDERS	LIIFT4 WK3 CHEST/TRICEPS	10 ROUNDS WK2 LIFT – LOWER BODY	10 ROUNDS WK3 BOXING 3
LIIFT4 STRETCH	LIIFT4 WK5 CHEST/TRICEPS	LIIFT4 WK6 BACK/BICEPS	10 ROUNDS WK4 BOXING 3	LIIFT4 WK5 LEGS	LIIFT4 WK5 SHOULDERS	10 ROUNDS WK5 BOXING 3
LIIFT4 ROLL & RECOVER	LIIFT4 WK8 CHEST/BACK	LIIFT4 WK7 LEGS	10 ROUNDS WK6 BOXING 2	LIIFT4 WK8 SHOULDERS/ ARMS	10 ROUNDS WK4 LIFT – LOWER BODY	10 ROUNDS WK6 BOXING 3

This calendar is designed to maximize the metabolic benefits of weight training and cardio by creating a fun combination of LIIFT4 and 10 ROUNDS. It is HIGHLY suggested to have completed one round of each program in their entirety before beginning.

This is what I would suggest and in no way represents Beachbody or the tested results that can be achieved in following any of the programs in using the Beachbody approved Workout Calendars and Nutrition Plans as written.

Enjoy!  
Joel Freeman