


# LIIFT 4™

## HOLIDAY BLAST 4 DAYS / WEEK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest / Recovery	<b>LIIFT 4</b> <b>Chest / Tri's</b> Week 2 <small>LIVE workout in FB group 9am PT / 12pm ET</small>	<b>LIIFT 4</b> <b>Legs</b> Week 3	Recovery <small>LIVE Q&amp;A in FB group 3:30pm PT / 6:30pm ET</small>	<b>LIIFT 4</b> <b>Shoulders</b> Week 2	<b>LIIFT 4</b> <b>Back / Bi's</b> Week 2	Rest / Recovery
Rest / Recovery	<b>LIIFT 4</b> <b>Shoulders</b> Week 4 <small>LIVE workout in FB group 9am PT / 12pm ET</small>	<b>LIIFT 4</b> <b>Chest / Tri's</b> Week 5	Recovery <small>LIVE Q&amp;A in FB group 3:30pm PT / 6:30pm ET</small>	<b>LIIFT 4</b> <b>Legs</b> Week 8	<b>LIIFT 4</b> <b>Back / Bi's</b> Week 3	Rest / Recovery
Rest / Recovery	<b>LIIFT 4</b> <b>Shoulders / Arms</b> Week 7 <small>LIVE workout in FB group 9am PT / 12pm ET</small>	<b>LIIFT 4</b> <b>Legs</b> Week 5	Recovery <small>LIVE Q&amp;A in FB group 3:30pm PT / 6:30pm ET</small>	<b>LIIFT 4</b> <b>Chest / Back</b> Week 7	<b>LIIFT 4</b> <b>Full Body HIIT</b> Week 7	Rest / Recovery
Rest / Recovery	<b>LIIFT 4</b> <b>Chest / Back</b> Week 8 <small>LIVE workout in FB group 9am PT / 12pm ET</small>	<b>LIIFT 4</b> <b>Shoulders / Arms</b> Week 8	<b>LIIFT 4</b> <b>Legs</b> Week 7 <small>LIVE Q&amp;A in FB group 3:30pm PT / 6:30pm ET</small>	<b>Happy Thanksgiving</b> 	<b>LIIFT 4</b> <b>Full Body HIIT</b> Week 8 <small>LIVE workout in FB group 9am PT / 12pm ET</small>	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. Design by [@JimmieBrenton](#)