


LIIFT 4™

HOLIDAY BLAST 5 DAYS / WEEK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest / Recovery	LIIFT 4 Chest / Tri's Week 2 <small>LIVE workout in FB group 9am PT / 12pm ET</small>	LIIFT 4 Legs Week 3	LIIFT 4 Back / Bi's Week 1 <small>LIVE Q&A in FB group 3:30pm PT / 6:30pm ET</small>	LIIFT 4 Shoulders Week 2	LIIFT 4 Legs HIIT Week 2	Rest / Recovery
Rest / Recovery	LIIFT 4 Back / Bi's Week 2 <small>LIVE workout in FB group 9am PT / 12pm ET</small>	LIIFT 4 Shoulders Week 4	LIIFT 4 Legs Week 7 <small>LIVE Q&A in FB group 3:30pm PT / 6:30pm ET</small>	LIIFT 4 Chest / Tri's Week 4	LIIFT 4 Full Body HIIT Week 7	Rest / Recovery
Rest / Recovery	LIIFT 4 Chest / Tri's Week 6 <small>LIVE workout in FB group 9am PT / 12pm ET</small>	LIIFT 4 Legs Week 5	LIIFT 4 Shoulders Week 5 <small>LIVE Q&A in FB group 3:30pm PT / 6:30pm ET</small>	LIIFT 4 Back / Bi's Week 5	LIIFT 4 Legs HIIT Week 4	Rest / Recovery
Rest / Recovery	LIIFT 4 Shoulders Week 6 <small>LIVE workout in FB group 9am PT / 12pm ET</small>	LIIFT 4 Back / Bi's Week 3	LIIFT 4 Legs Week 8 <small>LIVE Q&A in FB group 3:30pm PT / 6:30pm ET</small>	LIIFT 4 Chest / Tri's Week 5 	LIIFT 4 Full Body HIIT 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](#)