

LIIFT4 *B4L4 Hybrid Calendar*

JUN/JULY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	6/11 B4 L4 Chest/ Back	12 B4 L4 Legs	13 Rest Day	14 B4 L4 Shoulders / Arms	15 B4 L4 Full Body HIIT	16 Rest Day
17 Rest Day	18 JF BOD Exclusive 8x8	19 B4 L4 Full Body HIIT	20 Rest Day	21 B4 L4 Legs	22 L4 Free Preview Workout	23 Rest Day
24 Rest Day	25 B4 L4 Chest/ Back	26 JF BOD Exclusive Grab Bag: Power	27 Rest Day	28 B4 L4 Shoulders / Arms	29 B4 L4 Full Body HIIT	30 Rest Day
7/1 Rest Day	2 L4 Free Preview Workout	3 B4 L4 Full Body HIIT	4 Rest Day	5 JF BOD Exclusive 8x8	6 B4 L4 Legs	7 Rest Day
8 Rest Day	9 B4 L4 Chest/ Back	10 B4 L4 Legs	11 Rest Day	12 B4 L4 Shoulders / Arms	13 B4 L4 Full Body HIIT	14 Rest Day

* All of the LIIFT4 workouts listed will be available on Beachbody on Demand with VIP Early Access purchase only (until 10/1) and need to be accessed on BOD using a web browser until 7/16. Everything will then be available using your regular BOD app device. '8x8' and 'Grab Bag: Power' are listed in the Joel Freeman Trainer Exclusives section.