

LIIFT & TRANSFORM HYBRID WORKOUT CALENDAR

APRIL

SUN	MON	TUES	WED	THUR	FRI	SAT
14	15 L4: WK 1 CHEST & TRICEPS T20: WK 1 BURN	16 L4: WK 1 BACK & BICEPS T20: WK 1 POWERFUL	17 T20: WK 1 STRONGER L4: STRETCH	18 L4: WK 1 SHOULDERS T20: WK 1 FASTER	19 L4: WK 1 LEGS T20: WK 1 CUT	20 T20: WK 1 BALANCED L4: R&R
21 REST DAY	22 L4: WK 2 CHEST & TRICEPS T20: WK 2 POWERFUL	23 L4: BACK & BICEPS T20: WK 2 BURN	24 T20: WK 2 STRONGER L4: R&R	25 L4: W2 SHOULDERS T20: WK 2 FASTER	26 L4: WK 3 LEGS T20: WK 2 CUT	27 T20: WK 2 BALANCED L4: STRETCH
28 REST DAY	29 L4: WK 3 CHEST & TRICEPS T20: WK 3 BURN	30 L4: W3 BACK & BICEPS T20: WK 3 POWERFUL	MAY 1 T20: WK 3 STRONGER L4: STRETCH	2 L4: WK 3 SHOULDERS T20: WK 3 FASTER	3 L4: WK 5 LEGS T20: WK 3 CUT	4 T20: WK 3 BALANCED L4: R&R
5 REST DAY	6 L4: WK 6 CHEST & TRICEPS T20: WK 5 POWERFUL	7 L4: WK 6 BACK/BIS T20: WK 5 BURN	8 T20: WK 5 STRONGER L4: R&R	9 L4: WK 6 SHOULDERS T20: WK 5 FASTER	10 L4: WK 7 LEGS T20: WK 5 CUT	11 T20: WK 5 BALANCED L4: STRETCH
12 REST DAY						

How to combine the LIIFT4 and TRANSFORM :20 workouts:

Begin with the first program listed in each day. Any LIIFT4 workout that is either a 50/50 or Circuit design you will ONLY be doing the weighted, lifting portion in that workout, omit any HIIT or Core Component. Then, supplement with the listed TRANSFORM :20 workout. LIIFT4 Intervals you do in its entirety, stopping at the Core Component, then moving to the TRANSFORM :20 workout.

A Note from Joel and Shaun T...

This calendar has been created as a suggested workout schedule using the programs LIIFT4 and TRANSFORM :20. The suggested workouts in no way represents Beachbody and/or the tested results that can be achieved in following either program in its' entirety, using the Beachbody approved workout and nutrition plans.

TRANSFORM™
:20

LIIFT4™