

I'm not robot!

BEACHBODY ON
DEMAND
WEEKLY WORKOUT
Sexy Strong Shoulders

MONDAY

LIIT 4:
WEEK 1, DAY 3 SHOULDER

TUESDAY

21 DAY FIX
UPPER FIX

WEDNESDAY

PIYO: DEFINE
UPPER BODY

THURSDAY

21 DAY FIX EXTREME
UPPER EXTREME

FRIDAY

22 MINUTE HARD CORPS:
CARDIO 1

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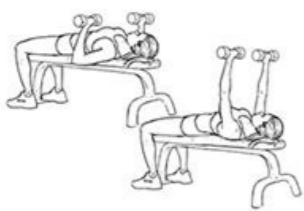
FREE

**BIKINI BODY
TONE UP**
PRINTABLE WORKOUT

Jump Squat



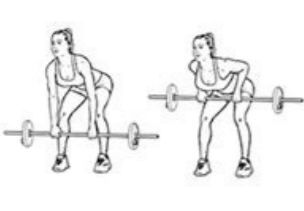
Dumbbell Bench Press



Barbell Step-up



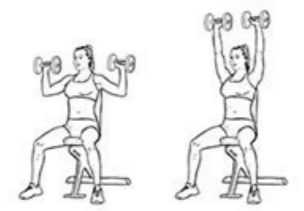
Bent Over Barbell Row



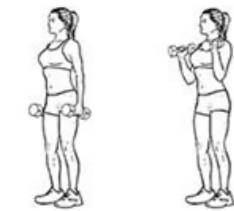
Dumbbell Deadlift



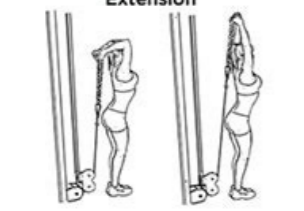
Dumbbell Shoulder Press



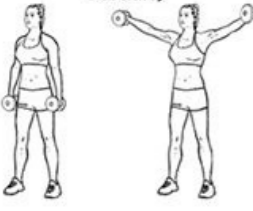
Standing Dumbbell Curl



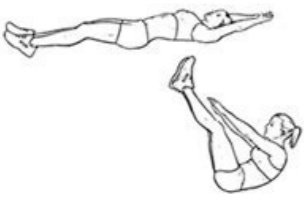
Cable Rope Overhead Triceps Extension



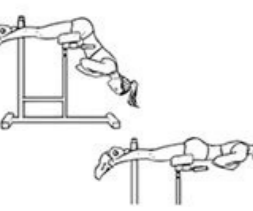
Dumbbell Lateral Raise (Power Partial)



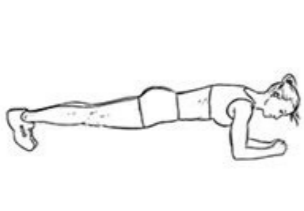
Jackknife Sit-up / Crunch



Back Extensions / Hyperextensions



Plank



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500 SQUATS CHALLENGE

DAY 1	DAY 2	DAY 3
5	6	7
DAY 4	DAY 5	DAY 6
8	9	10
DAY 7	DAY 8	DAY 9
REST	11	12
DAY 10	DAY 11	DAY 12
13	14	15
DAY 13	DAY 14	DAY 15
16	REST	17
DAY 16	DAY 17	DAY 18
18	19	20
DAY 19	DAY 20	DAY 21
21	22	REST
DAY 22	DAY 23	DAY 24
24	26	28
DAY 25	DAY 26	DAY 27
30	32	34
DAY 28	DAY 29	DAY 30
REST	38	45

FREE PRINTABLE AT [MY FITNESS PLANNER](https://myfitnessplanner.com)

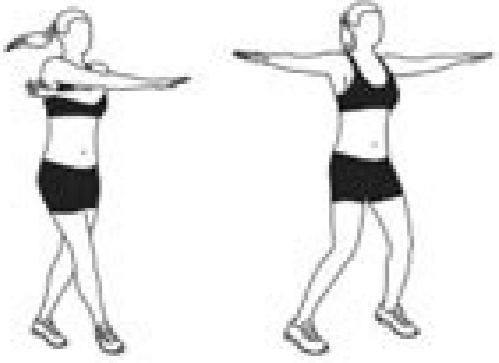
BEACH BODY ROUTINE

FULL BODY

BODYWEIGHT CIRCUIT

SPOTEBI.COM

cross jacks



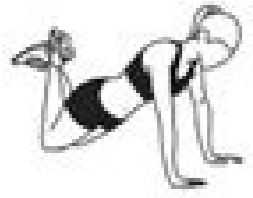
3sets 60sec

front and back lunges



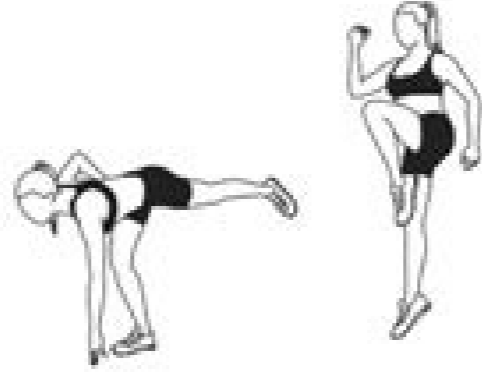
3sets 30sec + 30sec

knee push ups



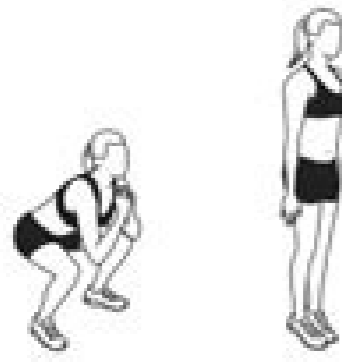
3sets 45sec

touch and hop



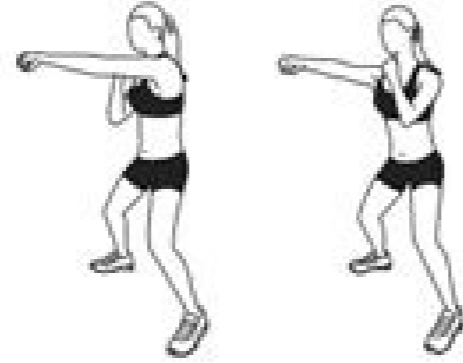
3sets 30sec + 30sec

squat jacks



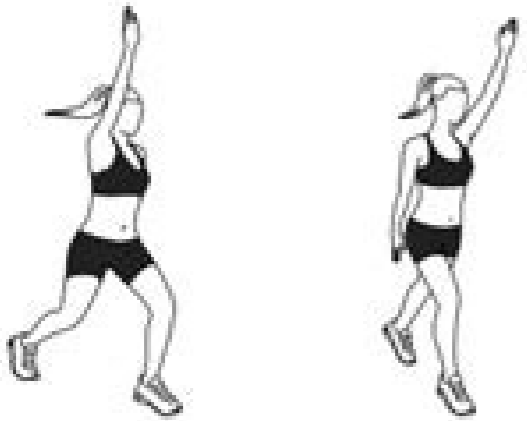
3sets 60sec

half squat jab cross



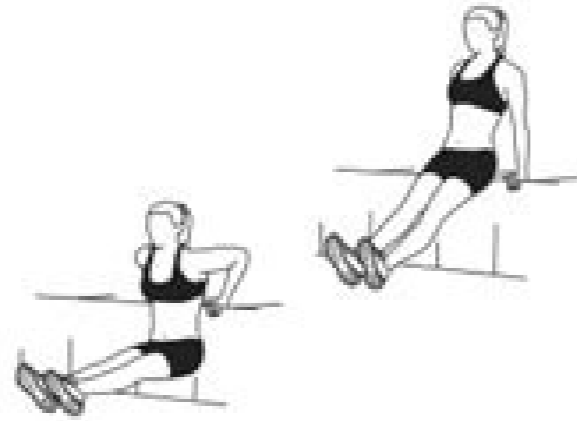
3sets 45sec

scissor skier



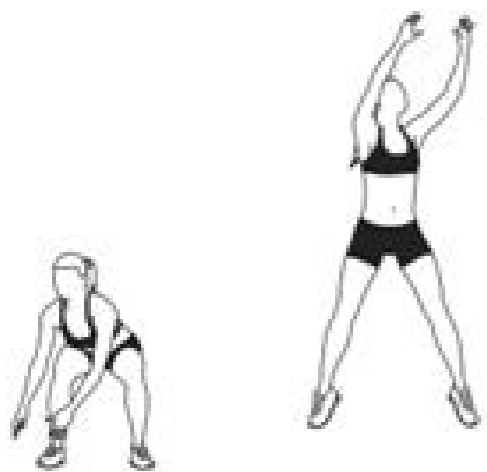
3sets 60sec

tricep dips



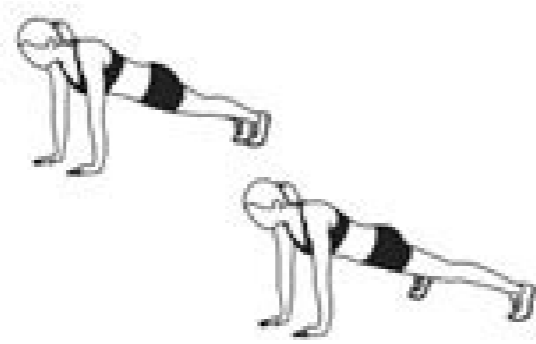
3sets 45sec

basketball shots



3sets 30sec + 30sec

plank jacks



3sets 45sec

PRINTABLE WORKOUT

Core





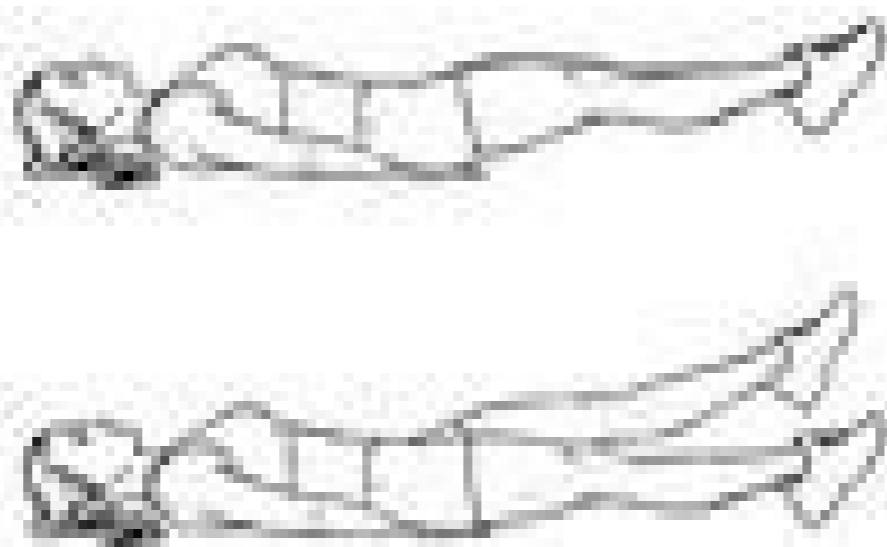
Alternate Heel Touchers



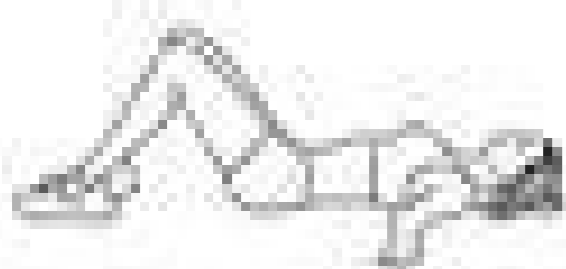
Cross-Body Crunch



Five Hydrants



Flutter Kicks



Hip Raise / Butt Lift / Bridge



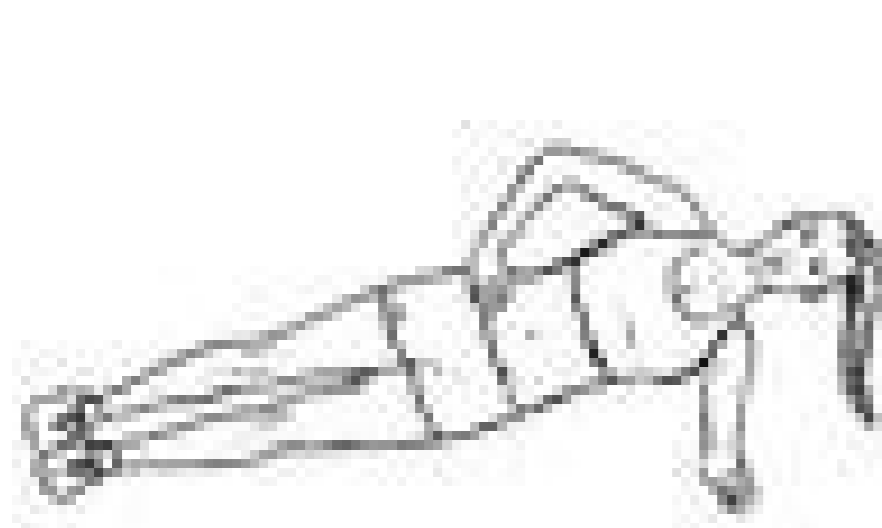
Lying Leg Raise



Weighted Twist



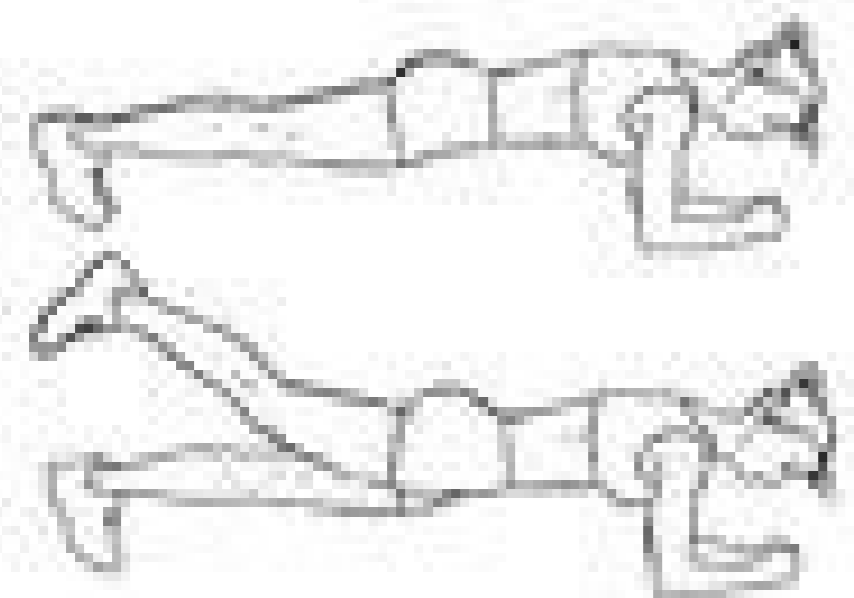
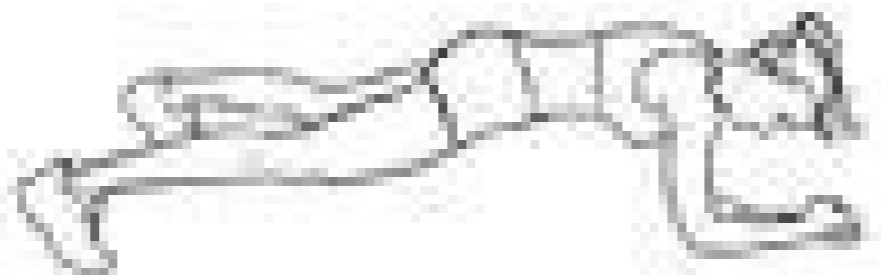
Plank



Side plank



Plank Jacks



Plank Leg Lift



Wall Sit / Squat



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The training is 100% free, Crã © dito is not required. *Disclaimer - When downloading the training calendars, you agree to consult your medical and follow all the security instructions before starting any exercise program or using any supplement replacement product or food, especially if you have any condition mã © ãñica or needs. The contents of our website are only for informative purposes, and are not intended to diagnose any medical condition, replace the advice of a health professional, or provide any medical, diagnostic or treatment advice. The information provided on this website (including blogs, community pages, program materials and all content) was originally intended for an American public. Regulations in your country may vary. +The results vary depending on the starting point, goals and effort. The proper exercise and diet are necessary to achieve and maintain the weight of weight and muscle definition. The testimonies presented may be more than one Beachbody product or expanded the program to achieve its maximum results. *These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent illness. Consult your medical and follow all safety instructions before starting any exercise program or using any complement or replacement product of meals, especially if you have any need or need for the only need. The contents of our website are only for informative purposes, and do not have the intention of diagnosing any medical condition, replacing the advice of a health professional or providing any medical advice, diagnostic or treatment. A © 2022 Beachbody, LLC. All rights reserved. Beachbody, LLC is the owner of the registered trademarks of Beachbody and Team Beachbody, and all related design, registered trademarks, copyright and other intellectual properties. Apple Logo, Apple TV, App Store, iPad, iPhone and iPod Touch are registered brands of Apple Inc. Roku is a registered trademark of Roku, Inc. in the United States and other Paisas. Amazon, Kindle, Fire and all related logos are registered marks of Amazon.com or its affiliates. Chrome, Chromecast and Chrome's logo are registered marks of Google Inc. Estate/FAQ | Terms of use | Privacy Policy The preview of the new Liift4 program by Joel Freeman officially launched this week and that also means that the Liift4 training calendar is available. TheLiift4 training calendar is quite simple; 4 training days, 3 days of rest in the course of a week. I have had the opportunity to try these training and are really quite good and are structured totally different from the majority of Beachbody programs that he has experienced in the past, but in the good way. Click the boton below to test 30 complete. FREE TRAINING LIIFT4 FREE! Try a Liift4 training now! The first 6 weeks of the build program, and will define his body. The last 2 weeks are more diffamous in Hiit training to burn the heat and crush fat for a transformation of the entire body. And you get 3 days of recovery a week to help give time to the worlds to repair so you can press more and get better results. What is "liift4? Liift4 is a ed otsiv ah etneg al euq sodatluser sol ed sonugla. l©A ed s;Artded aÁfosilif al, 4tfiil amargorp led sellated sol sodot renetbo ed dadinutropo al somivuT 4tfiil. erbos s;Ám odneidnerpA latot ne sanames 8 .aAd la sotunim 04-03 .anames al a saAd 4 olos nE .Ágsar es opreuc us y otda ne ameuq es saÁrolac us .ocaÁdrac omtir us eneitnam otSE .sartxe saroh odnabart omsilobatem us agnetnam y erutirt es euq arap dadisnetni atla ed oidrac ed otheimatnoga ed sadnor sasnetni noc odaunup .opreuc us n;Árimfed y n;Árimfed y n;Árillorrased es euq sosouir y sodp;Ár sasep ed otheimatnavel ed solavortni ratroc y asary rameuq .saÁrolac raidneeni arap TIH oidrac noc eugnat us eÁcav ogeul, sevarg solucsÁm ed n;Áccurtsnoc al arap orud y odasep otheimatnavel le ne 05/05 tfiil .om;Ác yah AueA .oelcÁn us rameuq arap BA anitur anu noc animret otheimanertne adac y .anames al a secev 4 sanarip o sorbmoh .specÁb y adlapse .specÁrt y ohecp us a ;Árigríd es socin;Á soteimanertne 23 sol ed otheimanertne lE .secev sod otheimanertne omsim le ;Árah acnun euqrop .s;Árirtuba ed dadinutropo yah on y sadacilpmoc odaisamed sanitur yah on .socurt soteimivom yah on .odarutirt ajed et euq otelpmoc opreuc ed ameuq y n;Áccurtsnoc anu arap lartoc anitur anu noc animret otheimanertne adac .odnabart ;Átse euq ralucsum opurg le ne n;Áicudorper adac racofne y razilibatse .ralsia netimrep et euq sacis;Álc n;Áicavele ed sacinc;Át ne nasab es soteimivom sol. secev sod omsim le s;Árah acnun euqrop .s;Árirtuba et acnun .Jaer opmeit ne socin;Á soteimanertne 23 noc Y .anames al a saAd 4 ne opreuc us ramrofsnart arap osnetni oidrac e adasep n;Áicavele anibmoc 4tfiil .sarudameuq ed asary y orgam olucsÁm riurtsnoc arap ;ÁIH (dadisnetni atla ed oidrac y sasep ed otheimatnavel oditnes nis n;ÁicanibmoC Program so far, and how different this program is from other Beachbody programs. Listen to the entire episode of The Fit Men Podcast Movement with Joel Freeman here: Episode 069: Joel Freeman: Liift4 What is included with Liift4? 32 unique trainings, 4 days a week, each training will be directed to the chest and to the triceps, Back and Biceps, shoulders or legs, and end with an AB core burn routine. Since each training is filmed in real time, your customers will never do the same training twice.2 Joel-designed recovery day stretchers to help relieve pain, increase flexibility, mobility and range of movement; and Speed Muscle Recovery.liift4 Program and Nutrition GuideOu will develop muscle and burn a ton of calories. Beachbody has come up with a simple way to help keep her body fed and prepared for success, including a "optional" trial day. No tricks, no complicated recipes. Only 5 simple steps designed to deliver serious results. See your progress on the road again. In addition, it will help you know what format you are doing and the body parts are working every day. You will need to track

how much weight it raises on each set, so you will know how to increase weight over time. Liift4 is about making progress, and the weights you select are the improvement catalyst. But remember, keeping an excellent shape is key to every move. Instructional video about the uprising before you start exercising, you can watch the How to Liift4 video on the list of trainings Start the page in Beachbody on Demand. This is weight lifting 101, which covers the weight selection, the right lifting form and tips. It is a free video that you can use to preview the Liift4 program. And it is especially valuable for those who can be intimidated by raising weight as a way to develop the bodies they want. Complementary videos Joel also provides weekly ready for Liift Off vines, guiding him through what to expect during each week of the program. Teams necessary for liift4a set of light, medium and heavy munes (depending on their fitness level) or resistance bands and band handles (included in all Liift4 offers, except the Liift4 Early Access-Digital Only offer) Recommended equipment For Liift4foam Roller & Core Comfort Mathay 1 primary schedule that is provided with liift4 work days and consists of 3 days, do not you have liift4 still? Start with the 8-week duration program and only requires 30-40 minutes/day to obtain the results you are looking for! Liift4 launches in Beachbody On Demand on October 1. But Vip Early will be lived on July 16, with the purchase of any Liift4 package, package or VIP Digital Early access. If you want to take advantage of VIP Early Access access, I recommend that you buy Liift4 here, so you can receive all the materials you need to start. Click on the image below for a printable version (PDF) of the Liift4 exercises calendar. Disarge the Liift4 Exercise calendar! Confounded about the Liift4 nutritional plan? Now that you have the Liift4 exercises calendar in hand, be sure to check this line of portions in line that will help you find the correct number of heat/containers for the program. Porciónliift4 control calculator is a senseless combo of high intensity weight and heat lob ,it ,it arap etreus roP !otneimanertne ut ed n'Aicarud al adot rop UOY HSUP y olad'Aya;A ,satnugerp sut ednopser ,elbasnopser agah et euq neugla a rartnocne satisecen iS what me and my team are here for. If you don't have a coach yet and want one, I love to be your coach and help you through a fitness program. I am available to help you reach your goals!Join The Team Now!As an Amazon Associate, I earn from qualifying purchases linked from this site. Learn more. more.

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