

#AUTUMNANDJOEL

BIRTHDAY MONTH HYBRID CALENDAR

SEPT/OCT 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	9	10	11	12	13	 14
	L4 WK1 CHEST/ TRICEPS 21DFRT WK1 CARDIO FIX	L4 WK2 BACK/ BICEPS 21DFRT WK1 TOTAL BODY CARDIO	8000 D9 BOOTY L4 STRETCH	L4 WK2 SHOULDERS 21DFRT WK1 10 MIN AB FIX	L4 WK3 LEGS (full) 8000 D7 R&R	21DFRT WK1 DIRTY 30 L4 WK7 FULL BODY HIIT
15	16	17	18	19	20	21
REST/ STRETCH DAY	L4 WK4 BACK/ BICEPS 21DFRT WK2 TOTAL BODY CARDIO	L4 WK3 CHEST /TRICEPS 21DFRT WK2 CARDIO FIX	8000 D22 BOOTY L4 R&R	L4 WK4 SHOULDERS 21DFRT WK2 10 MIN AB FIX	L4 WK5 LEGS (full) 8000 D14 S&R	L4 WK8 FULL BODY HIIT 21DFRT WK2 DIRTY 30
22	AUTUMN'S BIRTHDAY! 23	24	25	JOEL'S BIRTHDAY! 26	27	28
REST/ STRETCH DAY	L4 WK5 CHEST/ TRICEPS 21DFRT WK3 CARDIO FIX	L4 WK6 BACK /BICEPS 21DFRT WK3 TOTAL BODY CARDIO	8000 D45 BOOTY L4 STRETCH	L4 WK5 SHOULDERS 21DFRT WK3 10 MIN AB FIX	L4 WK7 LEGS (full) 8000 D7 R&R	L4 WK7 FULL BODY HIIT 21DFRT WK3 DIRTY 30
29	30	1	2	3	4	5
REST/ STRETCH DAY	L4 WK1 BACK/ BICEPS 21DFRT WK3 TOTAL BODY CARDIO	L4 WK4 CHEST/ TRICEPS 21DFRT WK3 CARDIO FIX	8000 D68 BOOTY L4 R&R	L4 WK6 SHOULDERS 21DFRT WK3 10 MIN AB FIX	L4 WK8 LEGS (full) 8000 D14 S&R	21DFRT WK3 DIRTY 30 L4 WK8 FULL BODY HIIT

HOW TO COMBINE AUTUMN'S AND JOEL'S WORKOUTS

Start with the first program listed in each day. Any LIIFT4 workout that is either a 50/50 or Circuit format you will ONLY be doing the weighted, lifting portion in that workout, **NOT** any HIIT, Burnout or Core Component. Then supplement with the next workout listed. LIIFT4 **Intervals** you do in its entirety, stopping at the Core Component, then moving to the next workout.

Note from Autumn and Joel:

This calendar has been created as a suggested workout schedule using the programs 21 DAY FIX RT, 21 DAY FIX EXTREME RT, 80 DAY OBSESSION and LIIFT4. This is what we would suggest and in no way represents Beachbody or the tested results that can be achieved in following any of the programs in their using the Beachbody approved Workout Calendars and Nutrition Plans as written.

ENJOY! ☺

– Autumn & Joel