

4 WEEKS FOR EVERY BODY™

CALENDAR

These workouts are built around exertion, not impact, to minimize the stress on your joints while giving you a great workout in under 30 minutes, including warm-up and cooldown. These workouts can be paired with THE 4 WEEK GUT PROTOCOL to help optimize your gut health as you build strength and overall well-being.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	PULL (Back & Bis)	LEGS	REST	PUSH (Chest, Shoulders, Tris)	CARDIO (No-Impact Cardio Core)	REST	REST
WEEK 2	PULL (Back & Bis)	LEGS	REST	PUSH (Chest, Shoulders, Tris)	CARDIO (No-Impact Cardio Core)	REST	REST
WEEK 3	LEGS	PUSH (Chest, Shoulders, Tris)	REST	CARDIO (No-Impact Cardio Core)	PULL (Back & Bis)	REST	REST
WEEK 4	LEGS	PUSH (Chest, Shoulders, Tris)	REST	CARDIO (No-Impact Cardio Core)	PULL (Back & Bis)	REST	REST

If you choose to add an extra day of movement, check out one of Autumn's 4 bonus cycling workouts, **4 RIDES FOR EVERY BODY**, exclusively on BODi. Beachbody On Demand Interactive has a variety of live and on-demand classes to choose from—so listen to your body and give it what it needs!

Consult your physician and follow all safety instructions before beginning this exercise program, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.