

Start Date:	
BF%:	
Weight:	

YourFitnessPath.com

LIIFT4™

BUILD IT

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	1	Chest/Triceps LIIFT 50/50	Back/Biceps Circuit	Recovery	Shoulders LIIFT Intervals	Legs LIIFT 50/50	Recovery	Recovery
Week	2	Chest/Triceps Circuit	Back/Biceps LIIFT 50/50	Recovery	Shoulders LIIFT Intervals	Legs HIIT	Recovery	Recovery
Week	3	Chest/Triceps LIIFT 50/50	Back/Biceps Circuit	Recovery	Shoulders LIIFT Intervals	Legs LIIFT 50/50	Recovery	Recovery
Week	4	Chest/Triceps Circuit	Back/Biceps LIIFT 50/50	Recovery	Shoulders LIIFT Intervals	Legs HIIT	Recovery	Recovery
Week	5	Chest/Triceps LIIFT 50/50	Back/Biceps Circuit	Recovery	Shoulders LIIFT Intervals	Legs LIIFT 50/50	Recovery	Recovery
Week	6	Chest/Triceps Circuit	Back/Biceps LIIFT 50/50	Recovery	Shoulders LIIFT Intervals	Legs HIIT	Recovery	Recovery

SHRED IT

Week	7	Chest/Back Circuit	Legs LIIFT 50/50	Recovery	Shoulders/Arms Circuit	Full Body HIIT	Recovery	Recovery
Week	8	Chest/Back Circuit	Legs LIIFT 50/50	Recovery	Shoulders/Arms Circuit	Full Body HIIT	Recovery	Recovery

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