

BODY BEAST™

LEAN Beast

For those who want to get big but also lose some fat.

BLOCK 1 BUILD

3 weeks: 6 days on, 1 day off

Before you start:

- Measure body fat %
- Take "before" photo

WEEK 1

DAY 1 ■ BUILD: Chest/Tris
DAY 2 ■ BUILD: Legs
DAY 3 ■ BUILD: Back/Bis
DAY 4 ■ BEAST: Cardio/BEAST: Abs
DAY 5 ■ BUILD: Shoulders
DAY 6 ■ REST
DAY 7 ■ BUILD: Chest/Tris
or TEMPO: Chest/Tris

WEEK 2

DAY 1 ■ BUILD: Legs
DAY 2 ■ BUILD: Back/Bis
or TEMPO: Back/Bis
DAY 3 ■ BEAST: Cardio/BEAST: Abs
DAY 4 ■ BUILD: Shoulders
DAY 5 ■ REST
DAY 6 ■ BUILD: Chest/Tris
or TEMPO: Chest/Tris
DAY 7 ■ BUILD: Legs

WEEK 3

DAY 1 ■ BUILD: Back/Bis
or TEMPO: Back/Bis
DAY 2 ■ BEAST: Cardio/BEAST: Abs
DAY 3 ■ BUILD: Shoulders
DAY 4 ■ REST
DAY 5 ■ BUILD: Chest/Tris
or TEMPO: Chest/Tris
DAY 6 ■ BUILD: Legs
DAY 7 ■ BUILD: Back/Bis
or TEMPO: Back/Bis

BLOCK 2 BULK

5 weeks: 6 days on, 1 day off

WEEK 1

DAY 1 ■ BULK: Chest
DAY 2 ■ BULK: Legs
DAY 3 ■ BULK: Arms
DAY 4 ■ BEAST: Cardio
BEAST: Abs
DAY 5 ■ BULK: Back
DAY 6 ■ BULK: Shoulders
DAY 7 ■ REST

WEEK 2

DAY 1 ■ BULK: Chest
DAY 2 ■ BULK: Legs
DAY 3 ■ BULK: Arms
DAY 4 ■ BEAST: Cardio
BEAST: Abs
DAY 5 ■ BULK: Back
DAY 6 ■ BULK: Shoulders
DAY 7 ■ REST

WEEK 3

DAY 1 ■ BULK: Chest
DAY 2 ■ BULK: Legs
DAY 3 ■ BULK: Arms
DAY 4 ■ BEAST: Cardio
BEAST: Abs
DAY 5 ■ BULK: Back
DAY 6 ■ BULK: Shoulders
DAY 7 ■ REST

WEEK 4

DAY 1 ■ BULK: Chest
DAY 2 ■ BULK: Legs
DAY 3 ■ BULK: Arms
DAY 4 ■ BEAST: Cardio
BEAST: Abs
DAY 5 ■ BULK: Back
DAY 6 ■ BULK: Shoulders
DAY 7 ■ REST

WEEK 5

DAY 1 ■ BULK: Chest
DAY 2 ■ BULK: Legs
DAY 3 ■ BULK: Arms
DAY 4 ■ BEAST: Cardio
BEAST: Abs
DAY 5 ■ BULK: Back
DAY 6 ■ BULK: Shoulders
DAY 7 ■ REST

BLOCK 3 BEAST

4 weeks: 6 days on, 1 day off

WEEK 1

DAY 1 ■ BUILD: Chest/Tris
or TEMPO: Chest/Tris
DAY 2 ■ BULK: Legs
DAY 3 ■ BUILD: Back/Bis
or TEMPO: Back/Bis
DAY 4 ■ BEAST: Cardio
BEAST: Abs
DAY 5 ■ BUILD: Shoulders
DAY 6 ■ REST
DAY 7 ■ BEAST: Cardio
BEAST: Abs
or BEAST: Total Body
BEAST: Abs

WEEK 2

DAY 1 ■ BULK: Chest
DAY 2 ■ BUILD: Legs
DAY 3 ■ BULK: Shoulders
DAY 4 ■ BULK: Back
DAY 5 ■ BULK: Arms
DAY 6 ■ BEAST: Cardio
BEAST: Abs
DAY 7 ■ REST

WEEK 3

DAY 1 ■ BUILD: Chest/Tris
or TEMPO: Chest/Tris
DAY 2 ■ BULK: Legs
DAY 3 ■ BUILD: Back/Bis
or TEMPO: Back/Bis
DAY 4 ■ BEAST: Cardio
BEAST: Abs
DAY 5 ■ BUILD: Shoulders
DAY 6 ■ REST
DAY 7 ■ BEAST: Cardio
BEAST: Abs
or BEAST: Total Body
BEAST: Abs

WEEK 4

DAY 1 ■ BULK: Chest
DAY 2 ■ BUILD: Legs
DAY 3 ■ BULK: Shoulders
DAY 4 ■ BULK: Back
DAY 5 ■ BULK: Arms
DAY 6 ■ BEAST: Cardio
BEAST: Abs
DAY 7 ■ REST

