

BODY BEAST

LEAN Beast

For those who want to get ripped.

BLOCK 1 BUILD

3 weeks: 6 days on, 1 day off

Before you start:

- Measure body fat %
- Take "before" photos

WEEK 1

DAY 1 ■ BULK: Chest/Tri
DAY 2 ■ BULK: Legs
DAY 3 ■ BULK: Back/Wi
DAY 4 ■ BEAST: Cardio, BEAST: Ab
DAY 5 ■ BULK: Shoulders
DAY 6 ■ REST
DAY 7 ■ BULK: Chest/Tri
or TEMPO: Chest/Tri

WEEK 2

DAY 1 ■ BULK: Legs
DAY 2 ■ BULK: Back/Wi
or TEMPO: Back/Wi
DAY 3 ■ BEAST: Cardio, BEAST: Ab
DAY 4 ■ BULK: Shoulders
DAY 5 ■ REST
DAY 6 ■ BULK: Chest/Tri
or TEMPO: Chest/Tri
DAY 7 ■ BULK: Legs

WEEK 3

DAY 1 ■ BULK: Back/Wi
or TEMPO: Back/Wi
DAY 2 ■ BEAST: Cardio, BEAST: Ab
DAY 3 ■ BULK: Shoulders
DAY 4 ■ REST
DAY 5 ■ BULK: Chest/Tri
or TEMPO: Chest/Tri
DAY 6 ■ BULK: Legs
DAY 7 ■ BULK: Back/Wi
or TEMPO: Back/Wi

BLOCK 2 BULK

3 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: Ab
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: Ab
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: Ab
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: Ab
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: Ab
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 ■ BULK: Chest/Tri
or TEMPO: Chest/Tri
DAY 2 ■ BULK: Legs
DAY 3 ■ BULK: Back/Wi
or TEMPO: Back/Wi
DAY 4 ■ BEAST: Cardio
BEAST: Ab
DAY 5 ■ BULK: Shoulders
DAY 6 ■ REST
DAY 7 ■ BEAST: Cardio
BEAST: Ab
or BEAST: Total Body
BEAST: Ab

WEEK 2

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

WEEK 3

DAY 1 ■ BULK: Chest/Tri
or TEMPO: Chest/Tri
DAY 2 ■ BULK: Legs
DAY 3 ■ BULK: Back/Wi
or TEMPO: Back/Wi
DAY 4 ■ BEAST: Cardio
BEAST: Ab
DAY 5 ■ BULK: Shoulders
DAY 6 ■ REST
DAY 7 ■ BEAST: Cardio
BEAST: Ab
or BEAST: Total Body
BEAST: Ab

WEEK 4

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



Body Beast Program Guide

VM Jensen

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the VM Jensen text.

Body Beast Program Guide:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Body Beast Program Guide**

In a global inundated with monitors and the cacophony of instant connection, the profound power and psychological resonance of verbal artistry frequently fade into obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, situated within the lyrical pages of **Body Beast Program Guide**, a fascinating perform of literary brilliance that impulses with raw emotions, lies an wonderful journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this exciting opus guides viewers on a psychological odyssey, gently revealing the latent possible and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is main themes, dissect its fascinating writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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