

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 ■ BUILD: Chest/Tis
DAY 2 ■ BUILD: Legs
DAY 3 ■ BUILD: Back/Wr
DAY 4 ■ BEAST: Cardio, BEAST: Abs
DAY 5 ■ BUILD: Shoulders
DAY 6 ■ REST
DAY 7 ■ BUILD: Chest/Tis
or TEMPO: Chest/Tis

WEEK 2

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

WEEK 3

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

BLOCK 2 BULK

3 weeks: 6 days on, 1 day off

WEEK 1

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

WEEK 2

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

WEEK 3

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

WEEK 4

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

WEEK 5

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

BLOCK 3 BEAST

4 weeks: 6 days on, 1 day off

WEEK 1

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

WEEK 3

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



Body Beast Lean Guide

J Spring



Body Beast Lean Guide:

The book delves into Body Beast Lean Guide. Body Beast Lean Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Body Beast Lean Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Body Beast Lean Guide
- Chapter 2: Essential Elements of Body Beast Lean Guide
- Chapter 3: Body Beast Lean Guide in Everyday Life
- Chapter 4: Body Beast Lean Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Body Beast Lean Guide. This chapter will explore what Body Beast Lean Guide is, why Body Beast Lean Guide is vital, and how to effectively learn about Body Beast Lean Guide.
3. In chapter 2, this book will delve into the foundational concepts of Body Beast Lean Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Body Beast Lean Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Body Beast Lean Guide in daily life. This chapter will showcase real-world examples of how Body Beast Lean Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Body Beast Lean Guide in specific contexts. The fourth chapter will explore how Body Beast Lean Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Body Beast Lean Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Body Beast Lean Guide.

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Table of Contents Body Beast Lean Guide

1. Understanding the eBook Body Beast Lean Guide

- The Rise of Digital Reading Body Beast Lean Guide
- Advantages of eBooks Over Traditional Books
- 2. Identifying Body Beast Lean Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Body Beast Lean Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Body Beast Lean Guide
 - Personalized Recommendations
 - Body Beast Lean Guide User Reviews and Ratings
 - Body Beast Lean Guide and Bestseller Lists
- 5. Accessing Body Beast Lean Guide Free and Paid eBooks
 - Body Beast Lean Guide Public Domain eBooks
 - Body Beast Lean Guide eBook Subscription Services
 - Body Beast Lean Guide Budget-Friendly Options
- 6. Navigating Body Beast Lean Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Body Beast Lean Guide Compatibility with Devices
 - Body Beast Lean Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Body Beast Lean Guide
 - Highlighting and Note-Taking Body Beast Lean Guide
 - Interactive Elements Body Beast Lean Guide
- 8. Staying Engaged with Body Beast Lean Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Body Beast Lean Guide

9. Balancing eBooks and Physical Books Body Beast Lean Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Body Beast Lean Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Body Beast Lean Guide
 - Setting Reading Goals Body Beast Lean Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Body Beast Lean Guide
 - Fact-Checking eBook Content of Body Beast Lean Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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