

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

WEEK 2

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

WEEK 3

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

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

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: Ab
DAY 7 ■ REST

WEEK 3

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

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: Ab
DAY 7 ■ REST



Body Beast Lean Guide

Lindsay Evans

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Body Beast Lean Guide:

Resident Evil 6 - Strategy Guide GamerGuides.com,2015-11-07 It has been ten years since the Raccoon City incident and the President of the United States has decided to reveal the truth behind what took place in the belief that it will curb the current resurgence in bioterrorist activity Due to be by the President s side is his personal friend and Raccoon City survivor Leon S Kennedy but when the venue suffers a bioterrorist attack Leon is forced to face a President transformed beyond recognition and make his hardest ever decision At the same time Bioterrorism Security Assessment Alliance member Chris Redfield arrives in China itself under threat of a bioterrorist attack With no country safe from these attacks and the ensuing outbreaks the entire world s population is united by a common fear that there is no hope left In a first for the franchise Resident Evil 6 sees series favourites Leon and Chris come together to face this unprecedented threat They will be joined by new characters each with their own unique perspective and involvement in this relentless dramatic horror experience enacted on a global scale Inside the guide An Intro to the games controls skill points physical attacks Comprehensive walkthrough for Leon Chris Jake and Ada s Campaigns Skills Templates Emblems and Titles Lists Trophy Achievement List Playing Tips Campaign Rankings Weapons Mercenaries and Enemies info And much much more **Gore of the Guides**

Alfred Greenwood Hales,1931 *The Lean* Kathy Freston,2013-03-12 Kathy Freston the New York Times bestselling author of *Veganist* urges leaning in for a leaner body small changes that yield big results in this simple but effective weight loss plan

Country Guide and Nor'west Farmer ,1920 The Guide's Guide Augmented William McGinnis,2005 The definitive how to book on professional river guiding The Guide s Guide Augmented covers every aspect of the multifaceted art of river guiding from planning to execution to the philosophy behind rafting Used by guides outfitters trip leaders resource managers adventurers boaters and outdoor enthusiasts of all sorts worldwide this book is a comprehensive manual to the nuts and bolts of a rafting trip as well as to having deep fun life enhancing adventures that entertain inspire educate thrill heal delight

Men's Health Total Fitness Guide ,2002 **Forest and Stream** ,1901 **The Morning Watch** ,1833 *Affair of Pleasure* Lindsay Evans,2015-09-01 The one worth waiting for Childhood neighbors and friends turned business partners Nichelle Wright and Wolfe Diallo make a successful management consulting team Yet Nichelle knows charming ladies man Wolfe too well to want anything more Until wooing a lucrative new client requires them to masquerade as husband and wife And with one heated glance across a Parisian hotel room strictly platonic explodes in an inferno of long denied desire For years Wolfe has kept sexy ambitious Nichelle on a pedestal Suddenly she s in his bed and for the first time he s the one wanting more Playing at man and wife is all too satisfying until a business rival plants seeds of mistrust Wolfe knows he and Nichelle can never be just friends again Is this the end or a smoldering new beginning **St. James Guide to Horror, Ghost & Gothic Writers** David Pringle,1998 As a companion volume to St James Guide to Fantasy Writers this volume concentrates on those types of fiction which may be labelled as horror novels dark fantasies ghost stories gothic novels tales

of terror supernatural fictions occult fantasies black magic stories psychological thrillers tales of unease grand guignol
shockers creepy stories shudder pulp fictions contes cruels uncanny stories macabre fictions and weird tales Editor s note p
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