

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

AN Whitehead



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. The 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. The third 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, the author will draw a conclusion about Body Beast Lean Guide. This chapter will summarize the key points that have been discussed throughout the book.

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

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