

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/Tis
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/Tis
or TEMPO: Chest/Tis

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/Tis
or TEMPO: Chest/Tis
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/Tis
or TEMPO: Chest/Tis
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/Tis
or TEMPO: Chest/Tis
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/Tis
or TEMPO: Chest/Tis
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 Lean Guide

Michael Rajnik

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.

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