

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

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: Abs
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: Abs
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: Abs
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: Abs
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: Abs
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/Wr
or TEMPO: Back/Wr
DAY 4 ■ BEAST: Cardio
BEAST: Abs
DAY 5 ■ BULK: Shoulders
DAY 6 ■ REST
DAY 7 ■ BEAST: Cardio
BEAST: Abs
or BEAST: Total Body
BEAST: Abs

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: Abs
DAY 7 ■ REST

WEEK 3

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

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: Abs
DAY 7 ■ REST



Body Beast Guide

Lingsheng Yao

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

Body Beast Guide:

An Angry Man's Guide to Personal Loss and Acceptance Troy Alfeo, 2023-09-07 Don't be angry all the time Sage advice for an Angry Man Has uncontrollable rage driven away your children led to your divorce and left you alone filled with remorse Do you wonder if you will ever cope with your explosive rage get through your pain lead a physically healthy emotionally positive spiritual life Like many middle aged men who experienced alienation from their children or bitter divorce Troy Alfeo shows that his personal tragedies could have been avoided if he had seen the patterns of his explosive rage and uncontrollable anger beforehand He shows how years of such behavior eventually left him totally isolated alone and cut off from the ones he loved He speaks frankly about the violence that he visited upon his loved ones and friends This a book about anger so destructive that those he loved were forced to stay away from him out of fear It is also a story about redemption and the attempts to repair these broken relationships The author provides a road map back to normalcy some cognitive behavioral therapy as well as a number of positive steps you can incorporate in your life right now that will help you come to terms with your own inner Angry Man The author recognizes the damage one's angry behavior causes to relationships and that it may not be repairable The author maintains there are tools for dealing with this specific challenge too especially estrangement from one's own children He provides practical concise guidance on how to deal with this particular problem and notes that if you have suffered from it the most difficult part of your journey back to normalcy may be that you might not ever see or hear from your children ever again The author posits What are you going to do when that happens Troy Alfeo provides a solution that works for him The author freely admits that although he is still a very Angry Man by temperament it is now a beast under his control not controlling him He has successfully started on the road to anger management and has slowly begun to rekindle lost relationships with his estranged children Succinct and to the point Troy Alfeo discusses the following topics Life has no do overs If you have screwed up your family relationships you are stuck with it Own it and embrace it Your life will be better for it Angry emotions make you stupid Don't believe it Read what happened to Troy Alfeo when he interacted with his children under a dark cloud of rage Your anger will alienate you from everyone Put simply people will not want to be around you and they may even eventually come around to hate you You might even get fired from your job That happened to Troy Alfeo too Did you even love your wife No Is that why you were angry When did the emotional distance between you and your spouse begin Do you know Do your children hate you now How do you fix and change that Why divorce is the worst thing that could ever happen to your children So avoid it Coping strategies to include developing a life of meaning and finding love again Solutions for today that you wished you had known about yesterday 118

Elden Ring - Strategy Guide GamerGuides.com, 2022-04-14 The Golden Order has been broken Rise Tarnished and be guided by grace to brandish the power of the Elden Ring and become an Elden Lord in the Lands Between This guide for Elden Ring features all there is to see and do including coverage of all bosses locations spells and NPCs with a detailed

breakdown on how to complete every NPC Questline and achieve every ending All Locations in every region Where to find all the bosses Where every spell is hidden Loot every piece of equipment in the game Detailed Walkthroughs on every single NPC Questline How to unlock all of the Endings The easiest route progression through the Lands Between Details on every Great Rune and where to activate them

[BL] Approximal Guide (日本語 翻訳) 1 18,2024-10-20 Once celebrated as a war hero now a guide bearing scars from past injuries Kang Hajung Just a day before his discharge Hajung is assigned to guide a new recruit Kim Moohyuk who has been rushed into the center If he doesn't receive guidance Kim Moohyuk will die Hajung saved him simply because he couldn't let him die but in doing so he found himself irrevocably tied to Moohyuk an extraordinarily high ranking Esper unlike any in history His long awaited retirement slips out of reach and to make matters worse he's designated as the pair guide for the much younger Moohyuk Then one day he's sent on a mission and meets his end shot dead With a regretful thought of not making it to retirement before his death he opens his eyes to an unfamiliar reflection a stranger holding his own cheek in complete shock Thus Hajung awakens in someone else's body five years later in the center He soon learns that his original body has already been laid to rest Despite the chaos Hajung quickly revives his long deferred dream of retirement At this point I'm getting discharged before anyone finds out The relentless struggle of a guide who dreams only of retiring

[Guide to Zermatt and Environs](#) Alfred Céréssole,1895 [Monster Hunter 3: Ultimate - Strategy Guide](#) GamerGuides.com,2015-11-07 Easy to understand tips and pointers for novice players including combat strategies essential items and how best to leverage the utilities of Moga Village From new hunter to fact craving veteran the GamerGuides.com Monster Hunter 3 Ultimate Strategy Guide is guaranteed to hold vital information for hunters of any colour Version 1.0 Explanations of the game's many weapons and advice on how to use them A comprehensive Monster list that includes weaknesses attacks and hunting strategies for every creature from Altaroth to Zinogre Information for every Area of every Map Full 720p screenshots illustrate the guide Version 1.1 Reformatted the guide to make it more streamlined for mobile devices

The Unofficial Guide to Disney Cruise Line 2025 Tammy Whiting,Len Testa,Erin Foster,2024-12-03 Save time and money with in depth reviews ratings and details from the trusted source for a successful Disney Cruise Line vacation Planning a Disney Cruise Line DCL trip is a big deal It's too important to be left to chance so put the best selling independent guidebook to DCL in your hands and take control of your vacation Make every minute and every dollar count with this no nonsense consumer oriented guide to the best and worst of Disney's ships and itineraries The Unofficial Guide to Disney Cruise Line 2025 explains how DCL works and how to use that knowledge to stay ahead of the crowd Debut author Tammy Whiting with Len Testa and Erin Foster know that you want your vacation to be anything but average so they employ an expert team of researchers to find the secrets the shortcuts and the bargains that are sure to make your vacation exceptional Find out what's available in every category ranked from best to worst and get detailed plans to make the most of your time on and off your cruise ship Choose the right stateroom eat at the best restaurants find top

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Breath of the Wild - Strategy Guide GamerGuides.com,2018-07-16 You wake up in the mysterious Shrine of Resurrection and see a Hyrule you no longer recognize All you have by your side is the equally mysterious Sheikah Slate and the voice of a stranger to guide you Take up the mantle of the chosen hero Link and journey throughout the most expansive open iteration of Hyrule yet in your quest to destroy the monstrous Calamity Ganon and recover your memories of what happened 100 years ago This guide will serve as your companion as you traverse the beautiful world of Hyrule It currently covers the following content Version 1.1 Updated September 2021 A complete guide on the main story beginning on the Great Plateau and finishing with your final attack on Calamity Ganon How to free all four Divine Beasts Information on how to obtain the legendary Master Sword Locations and information on activating every Region Tower Solutions to all 120 Shrines in Hyrule and walkthroughs on each of the 42 Shrine Quests Walkthrough for all side quests found in every region A complete guide on the DLC expansion packs including where to find every EX Treasure Chest A Weapons and Armor index with a breakdown of the best melee weapons bows and armor sets **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 game's 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.

Pearl of Great Price Study Guide Randal S. Chase, 2014-08-15. Pearl of Great Price Study Guide: A companion to your study of the Pearl of Great Price, this Study Guide from the Making Precious Things Plain Series is a rich resource for teachers, students, and gospel scholars alike. In this volume full of supplemental material, Dr. Randal Chase, a veteran Institute and Gospel Doctrine teacher, shares years of insights into the scriptures by exploring scriptural symbolism, background, culture, and chronology, as well as the words and teachings of gospel authorities. This unique study guide of the Pearl of Great Price provides new depth and understanding to the scriptures. Readers will enjoy Dr. Chase's relaxed style and easy presentation as they gather information, clarification, and quotes that can be used for either private study or public speaking. This unique study guide will be a welcome addition to any library, and they will broaden your comprehension of this great treasure of latter-day scripture, which restores many lost treasures from the Bible. From Adam through Enoch and Noah to Abraham and Moses, we discover hidden treasures of truth about Old Testament events. Then we receive new insight into the Savior's prophecies of the latter days, followed by the inspiring personal history of the Prophet Joseph Smith and the Articles of Faith.

The Unofficial Guide to the Disney Cruise Line 2024 Erin Foster, Len Testa, Ritchey Halphen, 2023-12-05. Save time and money with in-depth reviews, ratings, and details from the trusted source for a successful Disney Cruise Line vacation. Planning a Disney Cruise Line (DCL) trip is a big deal. It's too important to be left to chance, so put the best-selling independent guidebook to the DCL in your hands and take control of your vacation. Make every minute and every dollar count with this no-nonsense, consumer-oriented guide to the best and worst of Disney's ships and itineraries. The Unofficial Guide to the Disney Cruise Line 2024 explains how the DCL works and how to use that knowledge to stay ahead of the crowd. Authors Erin Foster and Len Testa know that you want your vacation to be anything but average, so they employ an expert team of researchers to find the secrets, shortcuts, and the bargains that are sure to make your vacation exceptional. Find out what's available in every category, ranked from best to worst, and get detailed plans to make the most of your time on and off your cruise ship. Choose the right stateroom, eat at the best restaurants, find top-notch children's activities, and experience all the can't-miss excursions, including those offered at Castaway Cay, one of the best vacation islands in the Caribbean. The guide also provides full coverage of the Disney-run European river cruises and includes itinerary and port guides. Stay in the know on the latest updates and changes on the DCL. Here's what's NEW in the 2024 book. Take in advice for first-time cruisers.

money saving strategies packing tips and other pre trip preparation preferred ships and itineraries and how to hit the deck running your first day onboard Utilize suggestions for deciding whether a Disney cruise or a Walt Disney World vacation is the better choice for your family Find out the scoop on different stateroom types and how to choose the best room for your needs Get updates on post COVID changes to health and safety protocols Read detailed descriptions of DCL s ports of call around the world including the newest home port at Ft Lauderdale Learn about Castaway Cay DCL s private Bahamian island Uncover news about Disney s second private island Lighthouse Point Get expanded coverage and unbiased opinions about DCL s expanding fleet including the brand new Disney Wish and Disney Treasure Enjoy discussion of Adventures by Disney river cruises and how they compare with DCL cruises Find the latest details about DCL s new itineraries changes to DCL s loyalty rewards program and more Make the right choices to give your family a vacation they ll never forget The Unofficial Guide to the Disney Cruise Line 2024 is your key to planning a perfect stay Whether you re putting together your annual trip or preparing for your first visit this book gives you the insider scoop on staterooms dining children s activities shopping entertainment and more

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