

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

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A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the GamerGuides.com text.

Body Beast Lean Guide:

The Enigmatic Realm of **Body Beast Lean Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Body Beast Lean Guide** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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