

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 Program Guide

Xiaolong Qi

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the 'Xiaolong Qi' text.

Body Beast Program Guide:

Body Beast Program Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. Body Beast Program Guide : Colleen Hoover "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Body Beast Program Guide : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Body Beast Program Guide : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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