

START DATE: _____

FINISH DATE: _____

BODY BEAST BLOCK 1: BUILD



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	BUILD: CHEST/TRIS	BUILD: LEGS	BUILD: BACK/BIS	BEAST: CARDIO / BEAST:ABS	BUILD: SHOULDERS	REST	BUILD: CHEST/TRIS OR TEMPO: CHEST/TRIS
WEEK 2	BUILD: LEGS	BUILD: BACK/BIS OR TEMPO: BACK/BIS	BEAST: CARDIO / BEAST:ABS	BUILD: SHOULDERS	REST	BUILD: CHEST/TRIS OR TEMPO: CHEST/TRIS	BUILD: LEGS
WEEK 3	BUILD: BACK/BIS OR TEMPO: BACK/BIS	BEAST: CARDIO / BEAST:ABS	BUILD: SHOULDERS	REST	BUILD: CHEST/TRIS OR TEMPO: CHEST/TRIS	BUILD: LEGS	BUILD:BACK/BIS OR TEMPO: BACK/BIS

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BODY BEAST BLOCK 2: BULK



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 4	BULK: CHEST	BULK: LEGS	BULK: ARMS	BEAST: CARDIO / BEAST: ABS	BULK: BACK	BULK: SHOULDERS	REST
WEEK 5	BULK: CHEST	BULK: LEGS	BULK: ARMS	BEAST: CARDIO / BEAST: ABS	BULK: BACK	BULK: SHOULDERS	REST
WEEK 6	BULK: CHEST	BULK: LEGS	BULK: ARMS	BEAST: CARDIO / BEAST: ABS	BULK: BACK	BULK: SHOULDERS	REST
WEEK 7	BULK: CHEST	BULK: LEGS	BULK: ARMS	BEAST: CARDIO / BEAST: ABS	BULK: BACK	BULK: SHOULDERS	REST
WEEK 8	BULK: CHEST	BULK: LEGS	BULK: ARMS	BEAST: CARDIO / BEAST: ABS	BULK: BACK	BULK: SHOULDERS	REST

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BODY BEAST BLOCK 3: BEAST



**THE
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 9	BUILD: CHEST/TRIS OR TEMPO: CHEST/TRIS	BULK: LEGS	BUILD: BACK/BIS OR TEMPO: BACK/BIS	BEAST: CARDIO / BEAST: ABS	BULK: SHOULDERS	REST	BEAST: CARDIO BEAST: ABS OR BEAST: TOTAL BODY BEAST: ABS
WEEK 10	BULK: CHEST	BULK: LEGS	BULK: SHOULDERS	BULK: BACK	BULK: ARMS	BEAST: CARDIO / BEAST: ABS	REST
WEEK 11	BUILD: CHEST/TRIS OR TEMPO: CHEST/TRIS	BULK: LEGS	BUILD: BACK/BIS OR TEMPO: BACK/BIS	BEAST: CARDIO / BEAST: ABS	BULK: SHOULDERS	REST	BEAST: CARDIO BEAST: ABS OR BEAST: TOTAL BODY BEAST: ABS
WEEK 12	BULK: CHEST	BULK: LEGS	BULK: SHOULDERS	BULK: BACK	BULK: ARMS	BEAST: CARDIO / BEAST: ABS	REST

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