

Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Build: Chest/Tris	Build: Legs	Build: Back/Bis	Build: Shoulders	Beast: Cardio OR Total Body THEN Beast: Abs	REST	Build: OR Tempo: Chest/Tris

Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Build: Legs	Build: OR Tempo: Back/Bis	Build: Shoulders Beast: Abs	REST	Build: OR Tempo: Chest/Tris	Build: Legs	Build: OR Tempo: Back/Bis

Week 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Build: Shoulders	REST	Build: OR Tempo: Chest/Tris	Build: Legs	Build: OR Tempo: Back/Bis	Build: Shoulders Beast: Abs	Beast: Cardio OR Total Body THEN Beast: Abs

BLOCK 2: BULK

6 weeks: 6 days ON, 1 day OFF

Week 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bulk: Chest	Bulk: Legs	Bulk: Back	Bulk: Arms Beast: Abs	Bulk: Shoulders	REST	Bulk: Chest

Week 5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bulk: Legs	Bulk: Back	Bulk: Arms Beast: Abs	Bulk: Shoulders	REST	Bulk: Chest	Bulk: Legs

Week 6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bulk: Back	Bulk: Arms Beast: Abs	Bulk: Shoulders	REST	Bulk: Chest	Bulk: Legs	Bulk: Back

Week 7

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bulk: Arms Beast: Abs	Bulk: Shoulders	REST	Bulk: Chest	Bulk: Legs	Bulk: Back	Bulk: Arms Beast: Abs

Week 8

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bulk: Shoulders	REST	Bulk: Chest	Bulk: Legs	Bulk: Back	Bulk: Arms Beast: Abs	Bulk: Shoulders

Week 9

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REST	Bulk: Chest	Bulk: Legs	Bulk: Back	Bulk: Arms Beast: Abs	Bulk: Shoulders	REST

BLOCK 3: BEAST

3 weeks: 6 days ON, 1 day OFF

Week 10

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Build: OR Tempo: Chest/Tris	Bulk: Legs	Build: OR Tempo: Back/Bis	Beast: Cardio Beast: Abs	REST	Bulk: Arms	Build: Shoulders

Week 11

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bulk: Chest	Build: Legs	Beast: Cardio OR Total Body THEN Beast: Abs	REST	Bulk: Back	Bulk: Arms Beast: Abs	Beast: Cardio

Week 12

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Build: OR Tempo: Chest/Tris	Bulk: Legs	Beast: Cardio Beast: Abs	REST	Build: OR Tempo: Back/Bis	Bulk: Shoulders	Beast: Cardio OR Total Body THEN Beast: Abs