



LEAN BEAST

BLOCK 1: BUILD



3 weeks: 6 days ON, 1 day OFF

Week 1

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

Week 3

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

BLOCK 2: BULK

5 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: Arms	Beast: Cardio Beast: Abs	Bulk: Back	Bulk: Shoulders	REST

Week 5

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

Week 6

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

Week 7

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

Week 8

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

BLOCK 3: BEAST

4 weeks: 6 days ON, 1 day OFF

Week 9

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	Build: Shoulders	REST	Beast: Cardio OR Total Body THEN Beast: Abs

Week 10

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

Week 11

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	Build: Shoulders	REST	Beast: Cardio OR Total Body THEN Beast: Abs

Week 12

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