

BODY BEAST WORKOUT SCHEDULE (HUGE BEAST)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BLOCK 1 BUILD							
1	BUILD: Chest/Tris	BUILD: Legs	BUILD: Back/Bis	BUILD: Shoulders	BEAST Cardio/Abs or BEAST: Total Body/Abs	REST	BUILD: Chest/Tris or TEMPO: Chest/Tris
2	BUILD: Legs	BUILD: Back/Bis or TEMPO: Back/Bis	BUILD: Shoulders+ BEAST: Abs	REST	BUILD: Chest/Tris or TEMPO: Chest/Tris	BUILD: Legs	BUILD: Back/Bis or TEMPO: Back/Bis
3	BUILD: Shoulders + BEAST: Abs	REST	BUILD: Chest/Tris or TEMPO: Chest/Tris	BUILD: Legs	BUILD: Back/Bis or TEMPO: Back/Bis	BUILD: Shoulders + BEAST: Abs	BEAST: Cardio/Abs or BEAST: Total Body/Abs
BLOCK 2 BULK							
1	BULK: Chest	BULK: Legs	BULK: Back	BULK: Arms+ BEAST: Abs	BULK: Shoulders	REST	BULK: Chest
2	BULK: Legs	BULK: Back	BULK: Arms+ BEAST: Abs	BULK: Shoulders	REST	BULK: Chest	BULK: Legs
3	BULK: Back	BULK: Arms+ BEAST: Abs	BULK: Shoulders	REST	BULK: Chest	BULK: Legs	BULK: Back
4	BULK: Arms+ BEAST: Abs	BULK: Shoulders	REST	BULK: Chest	BULK: Legs	BULK: Back	BULK: Arms+ BEAST: Abs
5	BULK: Shoulders	REST	BULK: Chest	BULK: Legs	BULK: Back	BULK: Arms+ BEAST: Abs	BULK: Shoulders
6	REST	BULK: Chest	BULK: Legs	BULK: Back	BULK: Arms+ BEAST: Abs	BULK: Shoulders	REST
BLOCK 3 BEAST							
1	BUILD: Chest/Tris or TEMPO: Chest/Tris	BULK: Legs	BUILD: Back/Bis or TEMPO: Back/Bis	BEAST: Cardio/Abs	REST	BULK: Arms	BUILD: Shoulders
2	BULK: Chest	BUILD: Legs	BEAST: Cardio/Abs or BEAST: Total Body/Abs	REST	BULK: Back	BULK: Arms+ BEAST: Abs	BEAST: Cardio
3	BUILD: Chest/Tris or TEMPO: Chest/Tris	BULK: Legs	BEAST: Cardio/Abs	REST	BUILD: Back/Bis or TEMPO: Back/Bis	BULK: Shoulders	BEAST: Cardio/Abs or BEAST: Total Body/Abs