

# 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 ■ BUILD: Chest/Tis  
DAY 2 ■ BUILD: Legs  
DAY 3 ■ BUILD: Back/Wr  
DAY 4 ■ BEAST: Cardio, BEAST: Abs  
DAY 5 ■ BUILD: Shoulders  
DAY 6 ■ REST  
DAY 7 ■ BUILD: Chest/Tis  
or TEMPO: Chest/Tis

### WEEK 2

DAY 1 ■ BUILD: Legs  
DAY 2 ■ BUILD: Back/Wr  
or TEMPO: Back/Wr  
DAY 3 ■ BEAST: Cardio, BEAST: Abs  
DAY 4 ■ BUILD: Shoulders  
DAY 5 ■ REST  
DAY 6 ■ BUILD: Chest/Tis  
or TEMPO: Chest/Tis  
DAY 7 ■ BUILD: Legs

### WEEK 3

DAY 1 ■ BUILD: Back/Wr  
or TEMPO: Back/Wr  
DAY 2 ■ BEAST: Cardio, BEAST: Abs  
DAY 3 ■ BUILD: Shoulders  
DAY 4 ■ REST  
DAY 5 ■ BUILD: Chest/Tis  
or TEMPO: Chest/Tis  
DAY 6 ■ BUILD: Legs  
DAY 7 ■ BUILD: Back/Wr  
or TEMPO: Back/Wr

## BLOCK 2 BULK

3 weeks: 6 days on, 1 day off

### WEEK 1

DAY 1 ■ BUILD: Chest  
DAY 2 ■ BUILD: Legs  
DAY 3 ■ BUILD: Arms  
DAY 4 ■ BEAST: Cardio  
BEAST: Abs  
DAY 5 ■ BUILD: Back  
DAY 6 ■ BUILD: Shoulders  
DAY 7 ■ REST

### WEEK 2

DAY 1 ■ BUILD: Chest  
DAY 2 ■ BUILD: Legs  
DAY 3 ■ BUILD: Arms  
DAY 4 ■ BEAST: Cardio  
BEAST: Abs  
DAY 5 ■ BUILD: Back  
DAY 6 ■ BUILD: Shoulders  
DAY 7 ■ REST

### WEEK 3

DAY 1 ■ BUILD: Chest  
DAY 2 ■ BUILD: Legs  
DAY 3 ■ BUILD: Arms  
DAY 4 ■ BEAST: Cardio  
BEAST: Abs  
DAY 5 ■ BUILD: Back  
DAY 6 ■ BUILD: Shoulders  
DAY 7 ■ REST

### WEEK 4

DAY 1 ■ BUILD: Chest  
DAY 2 ■ BUILD: Legs  
DAY 3 ■ BUILD: Arms  
DAY 4 ■ BEAST: Cardio  
BEAST: Abs  
DAY 5 ■ BUILD: Back  
DAY 6 ■ BUILD: Shoulders  
DAY 7 ■ REST

### WEEK 5

DAY 1 ■ BUILD: Chest  
DAY 2 ■ BUILD: Legs  
DAY 3 ■ BUILD: Arms  
DAY 4 ■ BEAST: Cardio  
BEAST: Abs  
DAY 5 ■ BUILD: Back  
DAY 6 ■ BUILD: Shoulders  
DAY 7 ■ REST

## BLOCK 3 BEAST

4 weeks: 6 days on, 1 day off

### WEEK 1

DAY 1 ■ BUILD: Chest/Tis  
or TEMPO: Chest/Tis  
DAY 2 ■ BUILD: Legs  
DAY 3 ■ BUILD: Back/Wr  
or TEMPO: Back/Wr  
DAY 4 ■ BEAST: Cardio  
BEAST: Abs  
DAY 5 ■ BUILD: Shoulders  
DAY 6 ■ REST  
DAY 7 ■ BEAST: Cardio  
BEAST: Abs  
or BEAST: Total Body  
BEAST: Abs

### WEEK 2

DAY 1 ■ BUILD: Chest  
DAY 2 ■ BUILD: Legs  
DAY 3 ■ BUILD: Shoulders  
DAY 4 ■ BUILD: Back  
DAY 5 ■ BUILD: Arms  
DAY 6 ■ BEAST: Cardio  
BEAST: Abs  
DAY 7 ■ REST

### WEEK 3

DAY 1 ■ BUILD: Chest/Tis  
or TEMPO: Chest/Tis  
DAY 2 ■ BUILD: Legs  
DAY 3 ■ BUILD: Back/Wr  
or TEMPO: Back/Wr  
DAY 4 ■ BEAST: Cardio  
BEAST: Abs  
DAY 5 ■ BUILD: Shoulders  
DAY 6 ■ REST  
DAY 7 ■ BEAST: Cardio  
BEAST: Abs  
or BEAST: Total Body  
BEAST: Abs

### WEEK 4

DAY 1 ■ BUILD: Chest  
DAY 2 ■ BUILD: Legs  
DAY 3 ■ BUILD: Shoulders  
DAY 4 ■ BUILD: Back  
DAY 5 ■ BUILD: Arms  
DAY 6 ■ BEAST: Cardio  
BEAST: Abs  
DAY 7 ■ REST



# Body Beast Lean Nutrition Guide

**M Mosston**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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## **Table of Contents Body Beast Lean Nutrition Guide**

1. Understanding the eBook Body Beast Lean Nutrition Guide
  - The Rise of Digital Reading Body Beast Lean Nutrition Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Body Beast Lean Nutrition Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Body Beast Lean Nutrition Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Body Beast Lean Nutrition Guide
  - Personalized Recommendations
  - Body Beast Lean Nutrition Guide User Reviews and Ratings
  - Body Beast Lean Nutrition Guide and Bestseller Lists
5. Accessing Body Beast Lean Nutrition Guide Free and Paid eBooks

- Body Beast Lean Nutrition Guide Public Domain eBooks
- Body Beast Lean Nutrition Guide eBook Subscription Services
- Body Beast Lean Nutrition Guide Budget-Friendly Options
- 6. Navigating Body Beast Lean Nutrition Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Body Beast Lean Nutrition Guide Compatibility with Devices
  - Body Beast Lean Nutrition Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Body Beast Lean Nutrition Guide
  - Highlighting and Note-Taking Body Beast Lean Nutrition Guide
  - Interactive Elements Body Beast Lean Nutrition Guide
- 8. Staying Engaged with Body Beast Lean Nutrition Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Body Beast Lean Nutrition Guide
- 9. Balancing eBooks and Physical Books Body Beast Lean Nutrition Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Body Beast Lean Nutrition Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Body Beast Lean Nutrition Guide
  - Setting Reading Goals Body Beast Lean Nutrition Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Body Beast Lean Nutrition Guide
  - Fact-Checking eBook Content of Body Beast Lean Nutrition Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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