

# 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 Program Guide

**Cincinnati Public Schools**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the Cincinnati Public Schools text.

## **Body Beast Program Guide:**

An Angry Man's Guide to Personal Loss and Acceptance Troy Alfeo, 2023-09-07 Don't be angry all the time Sage advice for an Angry Man Has uncontrollable rage driven away your children led to your divorce and left you alone filled with remorse Do you wonder if you will ever cope with your explosive rage get through your pain lead a physically healthy emotionally positive spiritual life Like many middle aged men who experienced alienation from their children or bitter divorce Troy Alfeo shows that his personal tragedies could have been avoided if he had seen the patterns of his explosive rage and uncontrollable anger beforehand He shows how years of such behavior eventually left him totally isolated alone and cut off from the ones he loved He speaks frankly about the violence that he visited upon his loved ones and friends This a book about anger so destructive that those he loved were forced to stay away from him out of fear It is also a story about redemption and the attempts to repair these broken relationships The author provides a road map back to normalcy some cognitive behavioral therapy as well as a number of positive steps you can incorporate in your life right now that will help you come to terms with your own inner Angry Man The author recognizes the damage one's angry behavior causes to relationships and that it may not be repairable The author maintains there are tools for dealing with this specific challenge too especially estrangement from one's own children He provides practical concise guidance on how to deal with this particular problem and notes that if you have suffered from it the most difficult part of your journey back to normalcy may be that you might not ever see or hear from your children ever again The author posits What are you going to do when that happens Troy Alfeo provides a solution that works for him The author freely admits that although he is still a very Angry Man by temperament it is now a beast under his control not controlling him He has successfully started on the road to anger management and has slowly begun to rekindle lost relationships with his estranged children Succinct and to the point Troy Alfeo discusses the following topics Life has no do overs If you have screwed up your family relationships you are stuck with it Own it and embrace it Your life will be better for it Angry emotions make you stupid Don't believe it Read what happened to Troy Alfeo when he interacted with his children under a dark cloud of rage Your anger will alienate you from everyone Put simply people will not want to be around you and they may even eventually come around to hate you You might even get fired from your job That happened to Troy Alfeo too Did you even love your wife No Is that why you were angry When did the emotional distance between you and your spouse begin Do you know Do your children hate you now How do you fix and change that Why divorce is the worst thing that could ever happen to your children So avoid it Coping strategies to include developing a life of meaning and finding love again Solutions for today that you wished you had known about yesterday 118

Logo, a Learner's Guide George Burns, Michael Cook, 1986      **Program Guide**, 1990      **Schedule 3** United States. Congress. Senate. Committee on Finance, 1922      **The Clinician's Guide to Treatment and Management of Youth with Tourette Syndrome and Tic Disorders** Joseph F. McGuire, Tanya K. Murphy, John Piacentini, Eric A. Storch, 2018-06-13 The

Clinician's Guide to Treatment and Management of Youth with Tourette Syndrome and Tic Disorders provides clinicians with cognitive behavioral therapy concepts and skills to manage young patients dealing with Tourette Syndrome TS and tic disorders. This book focuses on improving the quality of life, patient resiliency, habit reversal techniques, talking about tics with peers, and overcoming tic-related avoidance. Each chapter looks at the nature and background of common challenges for youth with TS, experience reviews, empirically informed rationale for using specific cognitive behavioral strategies, discusses the nature and implementation of these strategies, and concludes with a case that illustrates a particular strategy. Medication management is covered in its own chapter, and clinical excerpts are used throughout the book to illustrate key techniques that can be incorporated into immediate practice. Explores behavioral treatments for improving Tourette Syndrome TS and tic disorders. Addresses emotion regulation, anger management, and disruptive behaviors. Presents material in a practical, ready-to-use format for immediate clinical use. Highlights how to improve self-esteem, social interactions, and coping in school environments. Details case examples for better understanding of treatment practices. Identifies empirical evidence for best practices in clinical treatment.

*Big Shoes to Fill* Gavin Adams, 2024-01-16 How to step into an inherited leadership role and guide your team through a polished transition process. Starting something from the ground up is challenging. But how about transitioning into the leadership role of an existing organization? No matter how qualified you are, it can feel like an impossible juggling act to manage expectations without creating unnecessary conflict. Or to build trust and learn from others while implementing changes. And yet most leaders step into roles they didn't create. You have to navigate special, personal, professional, and organizational needs that take into account the entire team and requires a certain mindset that doesn't come naturally to many leaders. Gavin Adams has spent his professional life innovating solutions and implementing strategies for leaders of businesses and ministries. Whether you're a first-time manager, a CEO, or a church pastor, *Big Shoes to Fill* will help you more confidently step into a new role and effectively lead your inherited team through that tricky transitional process. You'll learn how to: Reduce the time it takes for you to transition from positional authority to relational influence. Understand the tensions and problems associated with stepping into new leadership spaces. Create a learning environment focused on teams that expedites trust. Guide everyone through the emotional demands of change.

**The Grain Growers' Guide**, 1927     **Farmers' Guide**, 1901     **TV Guide**, 2006     **7 Reasons You're Not Getting the Results She Is** Sagi

Kalev, Dr. Bryan Walsh, 2016-01-18 Finally! The guidance you've been searching for from experts you can trust. Have you ever felt like you weren't getting the results you should be given the amount of effort you were putting into your fitness program? Have you ever wondered why some women seem to get results so much easier than you do? Have you ever suspected that there was something going on inside of you that was sabotaging your diet and exercise efforts? Guess what? You're right. When your perfect diet and exercise program falls short, the answer is not to find another perfect diet and exercise program. The answer is to find out what's keeping you from getting the results she is. Those answers are laid out for you in this cutting-

edge step by step do it yourself guide to women s health by Sagi Kalev and Dr Bryan Walsh They have combined their 30 years in the fitness and nutrition industry to bring you the SOLUTION you ve been looking for In 7 Reasons You re Not Getting The Results She Is you ll be walked through seven key areas of your physiology to determine what specifically may be contributing to your lack of results From there you will be given instructions on how to correct your individual physiological imbalances using testing diet and lifestyle changes and nutritional supplementation You ve already tried changing up your diet and exercise program a million times Now it s time to try something that works You will receive A personalized Fat Loss Blocker Assessment form that will help you uncover the specific reasons you aren t losing weight Specific lab testing recommendations where to order lab tests and insights on how to interpret them Individualized supplement recommendations designed to help nutritionally support your unique physiological imbalances and needs Specific nutrition and lifestyle recommendations tailored to each unique physiological imbalance you may have And most importantly a clear and concise explanation for why you are not getting the results you want like you ve never heard before     **Internet Cool Guide** Internet Cool Guide GmbH,2000 Pinpointing over 500 awesome online resources for favorite offline sports this guide covers professional teams and tours sports scores athletes weekend diversions fitness hiking gear shopping and more Full color illustrations     **The Official HP Guides** Nancy Stevenson,Nancy Muir,Jan S. Smith,Mark L. Chambers,2003 Burn great CDs and record DVDs with ease using video digital images music and data Beautiful 4 color section with hundreds of printing projects for all occasions all simply enabled on the included CD Master the software that comes pre installed on every Pavilion Windows XP Internet Explorer Quicken Works and more     **Sex and Broadcasting** Lorenzo W. Milam,2017-05-03 Eccentric and humorous cult classic both a practical guide to starting a listener supported community radio station and a passionate defense of noncommercial broadcasting A goldmine The Times London Literary Supplement     **Video Source Book** Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction     **Service Schedule** Cooperative Grange League Federation Exchange,1950     **Indiana Farmer's Guide** ,1921     **National Board of Review Magazine** ,1926     **The Official Gazette** Barbados,1917 Supplements contain abstracts of House of Assembly and Legislative Council debates     **Teachers Guides to Television** ,1978     **Visual Aids Handbook ...** Cincinnati Public Schools,1944

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