

# 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 Guide

**J Ma**



## Body Beast Lean Guide:

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