

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

WEEK 2

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

WEEK 3

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

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: Ab
DAY 7 ■ REST

WEEK 3

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

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: Ab
DAY 7 ■ REST



Body Beast Lean Nutrition Guide

AW Rasmussen

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