

BODY BEAST

HUGE Beast

For those who only care about getting big.

BLOCK 1 BUILD

3 weeks: 6 days on, 1 day off

Before you start:
 • Measure body fat %
 • Take "before" photo

WEEK 1

DAY 1 ■ BUILD: Chest/Tris
 DAY 2 ■ BUILD: Legs
 DAY 3 ■ BUILD: Back/Bis
 DAY 4 ■ BUILD: Shoulders
 DAY 5 ■ BEAST: Cardio/BEAST: Abs
 or BEAST: Total Body
 BEAST: Abs

DAY 6 ■ REST
 DAY 7 ■ BUILD: Chest/Tris
 or TEMPO: Chest/Tris

WEEK 2

DAY 1 ■ BUILD: Legs
 DAY 2 ■ BUILD: Back/Bis
 or TEMPO: Back/Bis
 DAY 3 ■ BUILD: Shoulders
 BEAST: Abs

DAY 4 ■ REST
 DAY 5 ■ BUILD: Chest/Tris
 or TEMPO: Chest/Tris

DAY 6 ■ BUILD: Legs
 DAY 7 ■ BUILD: Back/Bis
 or TEMPO: Back/Bis

WEEK 3

DAY 1 ■ BUILD: Shoulders
 BEAST: Abs

DAY 2 ■ REST
 DAY 3 ■ BUILD: Chest/Tris
 or TEMPO: Chest/Tris

DAY 4 ■ BUILD: Legs
 DAY 5 ■ BUILD: Back/Bis
 or TEMPO: Back/Bis

DAY 6 ■ BUILD: Shoulders
 BEAST: Abs
 DAY 7 ■ BEAST: Cardio/BEAST: Abs
 or BEAST: Total Body
 BEAST: Abs

BLOCK 2 BULK

6 weeks: 6 days on, 1 day off

WEEK 1

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

WEEK 2

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

WEEK 3

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

WEEK 4

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

WEEK 5

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

WEEK 6

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

BLOCK 3 BEAST

3 weeks: 6 days on, 1 day off

WEEK 1

DAY 1 ■ BUILD: Chest/Tris
 or TEMPO: Chest/Tris
 DAY 2 ■ BULK: Legs
 DAY 3 ■ BUILD: Back/Bis
 or TEMPO: Back/Bis
 DAY 4 ■ BEAST: Cardio
 BEAST: Abs

DAY 5 ■ REST
 DAY 6 ■ BULK: Arms
 DAY 7 ■ BUILD: Shoulders

WEEK 2

DAY 1 ■ BULK: Chest
 DAY 2 ■ BUILD: Legs
 DAY 3 ■ BEAST: Cardio/BEAST: Abs
 or BEAST: Total Body
 BEAST: Abs

DAY 4 ■ REST
 DAY 5 ■ BULK: Back
 DAY 6 ■ BULK: Arms/BEAST: Abs
 DAY 7 ■ BEAST: Cardio

WEEK 3

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



BEACHBODY

Get free support & motivation: SWEET LIFE FITNESS.net

BODY BEAST

LEAN Beast

For those who want to get big but also lose some fat.



BLOCK 1 BUILD

3 weeks: 6 days on, 1 day off

Before you start:

- Measure body fat %
- Take "before" photo

WEEK 1

- DAY 1 ■ BUILD: Chest/Tris
- DAY 2 ■ BUILD: Legs
- DAY 3 ■ BUILD: Back/Bis
- DAY 4 ■ BEAST: Cardio/BEAST: Abs
- DAY 5 ■ BUILD: Shoulders
- DAY 6 ■ REST
- DAY 7 ■ BUILD: Chest/Tris or TEMPO: Chest/Tris

WEEK 2

- DAY 1 ■ BUILD: Legs
- DAY 2 ■ BUILD: Back/Bis or TEMPO: Back/Bis
- DAY 3 ■ BEAST: Cardio/BEAST: Abs
- DAY 4 ■ BUILD: Shoulders
- DAY 5 ■ REST
- DAY 6 ■ BUILD: Chest/Tris or TEMPO: Chest/Tris
- DAY 7 ■ BUILD: Legs

WEEK 3

- DAY 1 ■ BUILD: Back/Bis or TEMPO: Back/Bis
- DAY 2 ■ BEAST: Cardio/BEAST: Abs
- DAY 3 ■ BUILD: Shoulders
- DAY 4 ■ REST
- DAY 5 ■ BUILD: Chest/Tris or TEMPO: Chest/Tris
- DAY 6 ■ BUILD: Legs
- DAY 7 ■ BUILD: Back/Bis or TEMPO: Back/Bis

BLOCK 2 BULK

5 weeks: 6 days on, 1 day off

WEEK 1

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

WEEK 2

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

WEEK 3

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

WEEK 4

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

WEEK 5

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

BLOCK 3 BEAST

4 weeks: 6 days on, 1 day off

WEEK 1

- DAY 1 ■ BUILD: Chest/Tris or TEMPO: Chest/Tris
- DAY 2 ■ BULK: Legs
- DAY 3 ■ BUILD: Back/Bis or TEMPO: Back/Bis
- 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 ■ BULK: Chest
- DAY 2 ■ BUILD: Legs
- DAY 3 ■ BULK: Shoulders
- DAY 4 ■ BULK: Back
- DAY 5 ■ BULK: Arms
- DAY 6 ■ BEAST: Cardio BEAST: Abs
- DAY 7 ■ REST

WEEK 3

- DAY 1 ■ BUILD: Chest/Tris or TEMPO: Chest/Tris
- DAY 2 ■ BULK: Legs
- DAY 3 ■ BUILD: Back/Bis or TEMPO: Back/Bis
- 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 ■ BULK: Chest
- DAY 2 ■ BUILD: Legs
- DAY 3 ■ BULK: Shoulders
- DAY 4 ■ BULK: Back
- DAY 5 ■ BULK: Arms
- DAY 6 ■ BEAST: Cardio BEAST: Abs
- DAY 7 ■ REST