



Huge Beast Schedule



BLOCK 1 - BUILD

3 weeks: 6 days on, 1 day off

WEEK 1:

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

WEEK 2:

DAY 1 **BULK:** Chest
 DAY 2 **BULK:** Legs
 DAY 3 **BEAST:** Cardio and **BEAST:** Abs
 or **BEAST:** Total Body and **BEAST:** Abs
 DAY 4 REST
 DAY 5 **BULK:** Back
 DAY 6 **BULK:** Arms
 and **BEAST:** Abs
 DAY 7 **BEAST:** Cardio

WEEK 3:

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