



Lean 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 **BEAST**: Cardio and
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 and
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 and
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

6 weeks: 6 days on, 1 day off

WEEKS 1 Through 5:

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

BLOCK 3 - BEAST

3 weeks: 6 days on, 1 day off

WEEKS 1 & 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 and
BEAST: Abs
DAY 5 **BUILD**: Shoulders
DAY 6 REST
DAY 7 **BEAST**: Cardio and **BEAST**: Abs
or **BEAST**: Total Body and **BEAST**: Abs

WEEKS 2 & 4:

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