



# MAX30 BEAST HYBRID

## BLOCK 1 WEEKS 1-3

<b>WEEK 1</b>	DAY 1 BUILD: CHEST & TRIS OPTION: AB ATTACK: 10	DAY 2 CARDIO CHALLENGE	DAY 3 BUILD: BACK & BIS OPTION: AB ATTACK: 10	DAY 4 TABATA POWER	DAY 5 BUILD: SHOULDERS OPTION: AB ATTACK: 10	DAY 6 BUILD: LEGS	DAY 7 REST
<b>WEEK 2</b>	DAY 8 BUILD: CHEST & TRIS OPTION: AB ATTACK: 10	DAY 9 CARDIO CHALLENGE	DAY 10 BUILD: BACK & BIS OPTION: AB ATTACK: 10	DAY 11 TABATA POWER	DAY 12 BUILD: SHOULDERS OPTION: AB ATTACK: 10	DAY 13 BUILD: LEGS	DAY 14 REST
<b>WEEK 3</b>	DAY 15 BUILD: CHEST & TRIS OPTION: AB ATTACK: 10	DAY 16 CARDIO CHALLENGE	DAY 17 BUILD: BACK & BIS OPTION: AB ATTACK: 10	DAY 18 TABATA POWER	DAY 19 BUILD: SHOULDERS OPTION: AB ATTACK: 10	DAY 20 BUILD: LEGS	DAY 21 REST

<b>WEEK 4 TRANSITION</b>	DAY 22 CARDIO CHALLENGE	DAY 23 TABATA POWER	DAY 24 BEAST: CARDIO	DAY 25 SWEAT INTERVALS	DAY 26 FRIDAY FIGHT: ROUND 1	DAY 27 BEAST: CARDIO	DAY 28 REST
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## BLOCK 2 WEEKS 5-7

<b>WEEK 5</b>	DAY 29 BULK: CHEST	DAY 30 SWEAT INTERVALS	DAY 31 BULK: BACK	DAY 32 BULK: ARMS & BEAST ABS	DAY 33 FRIDAY FIGHT: ROUND 1	DAY 34 BULK: SHOULDERS	DAY 35 REST
<b>WEEK 6</b>	DAY 36 BULK: CHEST	DAY 37 SWEAT INTERVALS	DAY 38 BULK: BACK	DAY 39 BULK: ARMS & BEAST ABS	DAY 40 FRIDAY FIGHT: ROUND 1	DAY 41 BULK: SHOULDERS	DAY 42 REST
<b>WEEK 7</b>	DAY 43 BULK: CHEST	DAY 44 SWEAT INTERVALS	DAY 45 BULK: BACK	DAY 46 BULK: ARMS & BEAST ABS	DAY 47 FRIDAY FIGHT: ROUND 1	DAY 48 BULK: SHOULDERS	DAY 49 REST

<b>WEEK 8 TRANSITION</b>	DAY 50 CARDIO CHALLENGE	DAY 51 TABATA POWER	DAY 52 BEAST: CARDIO	DAY 53 SWEAT INTERVALS	DAY 54 FRIDAY FIGHT: ROUND 2	DAY 55 BEAST: CARDIO	DAY 56 REST
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## BLOCK 3 WEEKS 9-12

<b>WEEK 9</b>	DAY 57 BUILD OR TEMPO: CHEST & TRIS	DAY 58 MAX OUT CARDIO OPTION: AB ATTACK: 10	DAY 59 BUILD OR TEMPO: BACK & BIS	DAY 60 MAX OUT SWEAT OPTION: AB ATTACK: 10	DAY 61 BULK: ARMS	DAY 62 BUILD: SHOULDERS	DAY 63 REST
<b>WEEK 10</b>	DAY 64 BULK: CHEST & BEAST ABS	DAY 65 MAX OUT POWER	DAY 66 BULK: BACK & BEAST ABS	DAY 67 BULK: ARMS	DAY 68 FRIDAY FIGHT: ROUND 2	DAY 69 BULK: SHOULDERS & BEAST ABS	DAY 70 REST
<b>WEEK 11</b>	DAY 71 BUILD OR TEMPO: CHEST & TRIS	DAY 72 MAX OUT CARDIO OPTION: AB ATTACK: 10	DAY 73 BUILD OR TEMPO: BACK & BIS	DAY 74 MAX OUT SWEAT OPTION: AB ATTACK: 10	DAY 75 BULK: ARMS	DAY 76 BUILD: SHOULDERS	DAY 77 REST
<b>WEEK 12</b>	DAY 78 BULK: CHEST & BEAST ABS	DAY 79 MAX OUT POWER	DAY 80 BULK: BACK & BEAST ABS	DAY 81 BULK: ARMS	DAY 82 FRIDAY FIGHT: ROUND 2	DAY 83 BULK: SHOULDERS & BEAST ABS	DAY 84 REST

<b>WEEK 13 VICTORY</b>	DAY 85 MAX OUT CARDIO	DAY 86 MAX OUT STRENGTH	DAY 87 BEAST: CARDIO	DAY 88 MAX OUT SWEAT	DAY 89 FRIDAY FIGHT: ROUND 2	DAY 90 BEAST: CARDIO	DAY 91 FINAL PHOTO SHOOT
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