

BODY BEAST

BODY BEAST HUGE SCHEDULE MONTH 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Build: Chest & Triceps	Build: Legs	Build: Back & Biceps	Build: Shoulders	Beast: Cardio Beast: Abs	Rest Day	Build: Chest & Triceps
Build: Legs	Build: Back & Biceps	Build: Shoulders Beast: Abs	Rest Day	Build: Chest & Triceps	Build: Legs	Build: Back & Biceps
Build: Shoulders Beast: Abs	Rest Day	Build: Chest & Triceps	Build: Legs	Build: Back & Biceps	Build: Shoulders Beast: Abs	Beast: Cardio Beast: Abs
Bulk: Chest	Bulk: Legs	Bulk: Back	Bulk: Arms Beast: Cardio	Bulk: Shoulders	Rest Day	Bulk: Chest