

BODY BEAST

BODY BEAST HUGE SCHEDULE MONTH 3

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|----------------|---|--------------------------------|--------------------------------------|-----------------------------|
| Rest Day | Bulk: Chest | Bulk: Legs | Bulk: Back | Bulk: Arms Beast: Abs | Bulk: Chest | Bulk: Shoulders |
| Rest Day | Build: Chest &Triceps or... Tempo: Chest &Triceps | Bulk: Legs | Build: or Tempo: Back & Biceps | Beast: Cardio Beast: Abs | Rest Day | Bulk: Arms |
| Build: Shoulders | Bulk: Chest | Build: Legs | Beast: Cardio Beast: Abs or Beast: Total Body Beast: Abs | Rest Day | Bulk: Back | Bulk: Arms Beast: Abs |
| Beast: Cardio | Build: Chest &Triceps or... Tempo: Chest &Triceps | Bulk: Legs | Beast: Cardio Beast: Abs | Rest Day | Build: or Tempo: Back & Biceps | Bulk: Shoulders |
| Beast: Cardio Beast: Abs or Beast: Total Body Beast: Abs | | | | | | |