

Body Beast Bulk Workout Schedule							
Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Build Block (3 weeks: 6 days on: 1 day off)							
	1 Build: Chest/Tri's	BUILD:Legs	BUILD: Back/Bi's	BUILD: Shoulders	BEAST: Cardio/BEAST:Abs or BEAST:Total Body/BEAST:Abs	REST	BUILD: Chest/Tri's or TEMP: Chest/Tri's
	2 BUILD:Legs	BUILD: Back/Bi's or TEMPO:Back/Bi's	BUILD: Shoulders / BEAST: Abs	REST	BUILD: Chest/Tri's or TEMP: Chest/Tri's	BUILD:Legs	Build: Back/Bi's or Temp:Back/Bi's
	BUILD: Shoulders / BEAST: Abs	REST	BUILD: Chest/Tri's or TEMP: Chest/Tri's	BUILD:Legs	Build: Back/Bi's or Temp:Back/Bi's	BUILD: Shoulders / BEAST: Abs	BEAST: Cardio/BEAST:Abs or BEAST:Total Body/BEAST:Abs
Block 2 Bulk (5 weeks: 6 days on, 1 day off)							
	1 BULK: Chest	BULK: Legs	BULK:Back	BULK:Arms/BEAST : ABS	BULK: Shoulders	REST	BULK: Chest
	2 BULK: Legs	BULK:Back	BULK:Arms/BEAST: ABS	BULK: Shoulders	REST	BULK: Chest	BULK: Legs
	3 BULK:Back	BULK:Arms/BEAST: ABS	BULK: Shoulders	REST	BULK: Chest	BULK: Legs	BULK:Back
	4 BULK:Arms/BEAST: ABS	BULK: Shoulders	REST	BULK: Chest	BULK: Legs	BULK:Back	BULK:Arms/BEAST: ABS
	5 BULK: Shoulders	REST	BULK: Chest	BULK: Legs	BULK:Back	BULK:Arms/BEAST: ABS	BULK: Shoulders
Block 3 Beast(4 weeks:6days on, 1 day off)	REST	BULK: Chest	BULK: Legs	BULK:Back	BULK:Arms/BEAST: ABS	BULK: Shoulders	REST
	BUILD: Chest/Tri's or TEMP: Chest/Tri's	BULK: Legs	BUILD: Back/Bi's or TEMPO:Back/Bi's	BEAST: Cardio/BEAST:Abs	REST	BULK:Arms	BULK: Shoulders
	2 BULK: Chest	BUILD:Legs	BEAST: Cardio/BEAST:Abs or BEAST:Total Body/BEAST:Abs	REST	BULK:Back	BULK:Arms/BEAST: ABS	BEAST: CARDIO
	BUILD: Chest/Tri's or TEMP: Chest/Tri's	BUILD:Legs	BEAST: Cardio/BEAST:Abs	REST	BUILD: Back/Bi's or TEMPO:Back/Bi's	BULK: Shoulders	BEAST: Cardio/BEAST:Abs or BEAST:Total Body/BEAST:Abs
	4						
Compliments of Fitnessrocks.org							
Join the free membership club to get access to more beach body calendars							
and beachbody workout sheets							
You can purchase the Bodybeast products below on amazon							
Basic Body Beast - Amazon							
Deluxe Body Beast - Amazon							
Ultimate Body Beast - Amazon							