

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