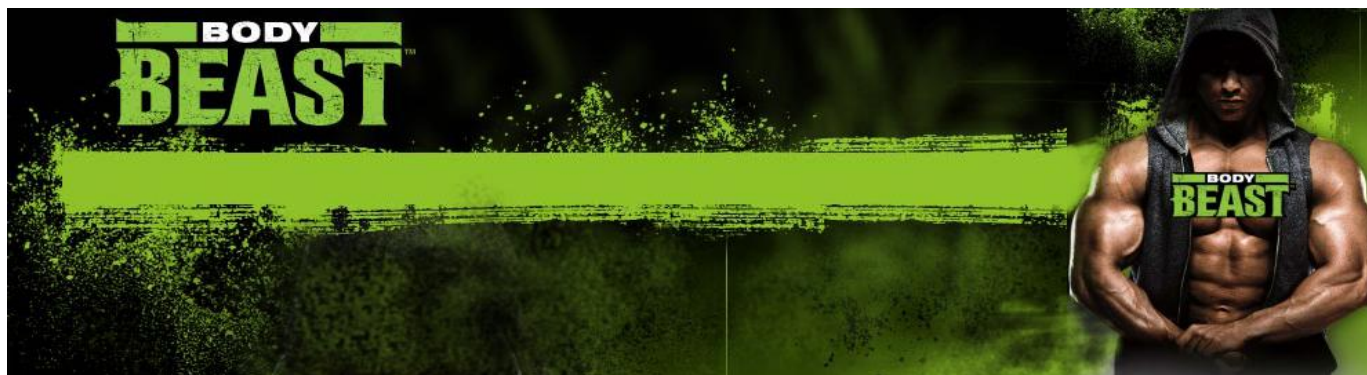


HUGE BEAST

Start Date:	
BF%:	
Weight:	



YourFitnessPath.com

BLOCK 1 | BUILD

3 Weeks: 6 Days On, 1 Day Off

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	BUILD: Chest/Tris	BUILD: Legs	BUILD: Back/Bis	BUILD: Shoulders	BEAST: Cardio BEAST: Abs *3	REST	BUILD Chest/Tris *1
Week 2	BUILD: Legs	BUILD: Back/Bis *2	BUILD: Shoulders BEAST: Abs	REST	BUILD Chest/Tris *1	BUILD: Legs	BUILD: Back/Bis *2
Week 3	BUILD: Shoulders BEAST: Abs	REST	BUILD Chest/Tris *1	BUILD: Legs	BUILD: Back/Bis *2	BUILD: Shoulders BEAST: Abs	BEAST: Cardio BEAST: Abs *3

BLOCK 2 | BULK

6 Weeks: 6 Days On, 1 Day Off

BF%:

Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	BULK: Chest	BULK: Legs	BULK: Back	BULK: Arms BEAST: Abs	BULK: Shoulders	REST	BULK: Chest
Week 5	BULK: Legs	BULK: Back	BULK: Arms BEAST: Abs	BULK: Shoulders	REST	BULK: Chest	BULK: Legs
Week 6	BULK: Back	BULK: Arms BEAST: Abs	BULK: Shoulders	REST	BULK: Chest	BULK: Legs	BULK: Back
Week 7	BULK: Arms BEAST: Abs	BULK: Shoulders	REST	BULK: Chest	BULK: Legs	BULK: Back	BULK: Arms BEAST: Abs
Week 8	BULK: Shoulders	REST	BULK: Chest	BULK: Legs	BULK: Back	BULK: Arms BEAST: Abs	BULK: Shoulders
Week 9	REST	BULK: Chest	BULK: Legs	BULK: Back	BULK: Arms BEAST: Abs	BULK: Shoulders	REST

BLOCK 3 | BEAST

3 Weeks: 6 Days On, 1 Day Off

BF%:

Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	BUILD: Chest/Tris *1	BULK: Legs	BUILD: BackBis *2	BEAST: Cardio BEAST: Abs	REST	BULK: Arms	BUILD: Shoulders
Week 11	BULK: Chest	BUILD: Legs	BEAST: Cardio BEAST: Abs *3	REST	BULK: Back	BULK: Arms BEAST: Abs	BEAST: Cardio
Week 12	BUILD: Chest/Tris *1	BULK: Legs	BEAST: Cardio BEAST: Abs	REST	BUILD: BackBis *2	BULK: Shoulders	BEAST: Cardio BEAST: Abs *3

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*1 = OR - TEMPO: Chest/Tris
 *2 = OR - TEMPO: Back/Bis
 *3 = OR - Total Body & BEAST: Abs