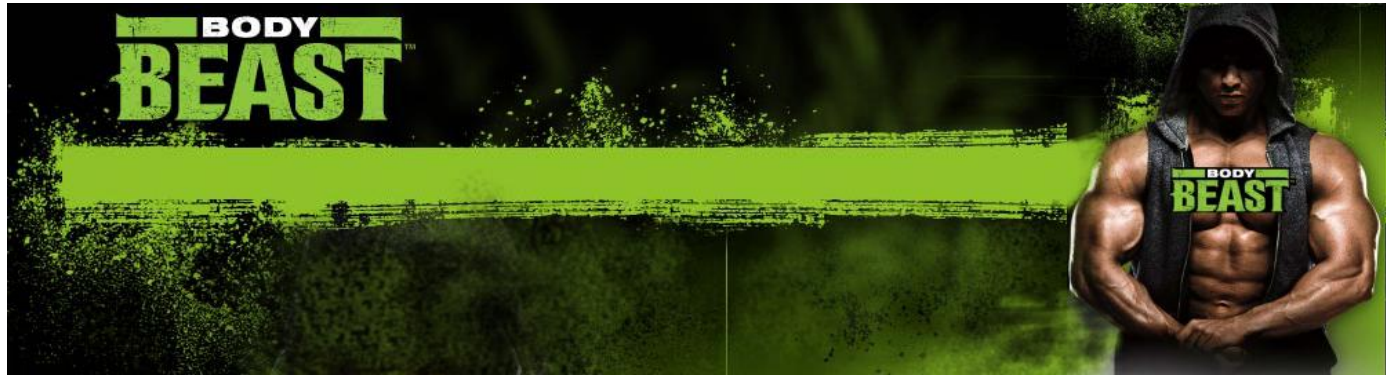


# LEAN BEAST

Start Date:	
BF%:	
Weight:	



[YourFitnessPath.com](http://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	BEAST: Cardio BEAST: Abs	BUILD: Shoulders	REST	BUILD Chest/Tris *1
Week 2	BUILD: Legs	BUILD: Back/Bis *2	BEAST: Cardio BEAST: Abs	BUILD: Shoulders	REST	BUILD Chest/Tris *1	BUILD: Legs
Week 3	BUILD: Back/Bis *2	BEAST: Cardio BEAST: Abs	BUILD: Shoulders	REST	BUILD Chest/Tris *1	BUILD: Legs	BUILD: Back/Bis *2

## BLOCK 2 | BULK

5 Weeks: 6 Days On, 1 Day Off

BF%:

Weight:

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

## BLOCK 3 | BEAST

4 Weeks: 6 Days On, 1 Day Off

BF%:

Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	BUILD: Chest/Tris *1	BULK: Legs	BUILD: BackBis *2	BEAST: Cardio BEAST: Abs	BUILD: Shoulders	REST	BEAST: Cardio BEAST: Abs *3
Week 10	BULK: Chest	BUILD: Legs	BULK: Shoulders	BULK: Back	BULK: Arms	BEAST: Cardio BEAST: Abs	REST
Week 11	BUILD: Chest/Tris *1	BULK: Legs	BUILD: BackBis *2	BEAST: Cardio BEAST: Abs	BUILD: Shoulders	REST	BEAST: Cardio BEAST: Abs *3
Week 12	BULK: Chest	BUILD: Legs	BULK: Shoulders	BULK: Back	BULK: Arms	BEAST: Cardio BEAST: Abs *3	REST

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\*1 = OR - TEMPO: Chest/Tris

\*2 = OR - TEMPO: Back/Bis

\*3 = OR - Total Body & BEAST: Abs