



# HUGE Beast

Block 1 - BUILD		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Day
Week 1	Build: Chest/Tris	Build: Legs	Build: Back/Bis	Build: Shoulders	Beast: Cardio/Abs	Rest	Build: Chest/Tris	7	
Week 2	Build: Legs	Build: Back/Bis	Build: Shoulders/Abs	Rest	Build: Chest/Tris	Build: Legs	Build: Back/Bis	14	
Week 3	Build: Shoulders/Abs	Rest	Build: Chest/Tris	Build: Legs	Build: Back/Bis	Build: Shoulders/Abs	Beast: Cardio/Abs	21	
Block 2 - BULK		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Week 4	Bulk: Chest	Bulk: Legs	Bulk: Back	Bulk: Arms	Bulk: Shoulders	Rest	Bulk: Chest	28	
Week 5	Bulk: Legs	Bulk: Back	Bulk: Arms	Bulk: Shoulders	Rest	Bulk: Chest	Bulk: Legs	35	
Week 6	Bulk: Back	Bulk: Arms	Bulk: Shoulders	Rest	Bulk: Chest	Bulk: Legs	Bulk: Back	42	
Week 7	Bulk: Arms	Bulk: Shoulders	Rest	Bulk: Chest	Bulk: Legs	Bulk: Back	Bulk: Arms	49	
Week 8	Bulk: Shoulders	Rest	Bulk: Chest	Bulk: Legs	Bulk: Back	Bulk: Arms	Bulk: Shoulders	56	
Week 9	Rest	Bulk: Chest	Bulk: Legs	Bulk: Back	Bulk: Arms	Bulk: Shoulders	Rest	63	
Block 3 - BEAST		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Week 10	Build: Chest/Tris	Bulk: Legs	Build: Back/Bis	Beast: Cardio/Abs	Rest	Bulk: Arms	Build: Shoulders	70	
Week 11	Bulk: Chest	Build: Legs	Beast: Cardio/Abs	Rest	Bulk: Back	Bulk: Arms/Abs	Beast: Cardio	77	
Week 12	Build: Chest/Tris	Bulk: Legs	Beast: Cardio/Abs	Rest	Build: Back/Bis	Bulk: Shoulders	Beast: Cardio/Abs	84	
Week 13	Build: Shoulders	Build: Legs	Build: Chest/Tris	Build: Back/Bis	Beast: Cardio	Rest	Rest	91	