



# BEAST

M O D U S





Flat Bench (Barbell)

sets repetitions

5 2,3,6,6,25

Incline Bench Press (Barbell)

5 2,3,6,6,25

Flat Bench (Dumbbell)

3 12-15

Cable Crossovers

3 15-25

Pec Dec Flyes

3 10-15

Press Machine

3 10-15

↳ \*\*50 minutes cardio - 25 before and after workout

CHEST

BEAST  
MODE

WORKOUT ROUTINE



DAY 1



Leg Extensions

sets repetitions

4 15-25

Squat (Barbell)

4 6-8

Leg Press (KickDowns)

10 10

Leg Curl (Seated)

5 15

leg Curl (Lying)

5 15

Calf Press (Seated)

4 15-25

Calf Press (on Leg Press)

4 15-25

↳ \*\*50 minutes cardio - 25 before and after workout

LEGS

BEAST  
MODUS

WORKOUT ROUTINE



DAY II



Dumbbell Row

Barbell Row

T-Bar Row

Seated Cable Row

Deadlift (Barbell)

sets repetitions

4 4-8

3 10,20,30

3 6

3 15-20

4 6-8

↳ \*\*50 minutes cardio - 25 before and after workout

BACK

BEAST  
MODE

WORKOUT ROUTINE



DAY III





Shoulder Press (Unilateral)

sets repetitions

2 15-20

Shoulder Press

4 8-12

Side Lateral Raises

4 12-15

Side Lateral Raises (Unilateral)

2 15-20

Rear Delt Flyes (Dumbbell)

4 12-15

Rear Delt Flyes (Unilateral)

2 15-20

Shrug

FAILURE SET/REPS

↳ \*\*50 minutes cardio - 25 before and after workout

SHOULDERS

BEAST  
MODE

WORKOUT ROUTINE



DAY IV



**Bicep Curls (Unilateral)**

**sets repetitions**

**2 15-20**

**Tricep Extensions (Unilateral)**

**2 15-25**

**Preacher Curl**

**4 12-15**

**Overhead Tricep Extension**

**4 15-20**

**Bicep High Cable Curls**

**4 12-15**

**Tricep Pushdowns (V-Bar)**

**4 12-15**

**↳ \*\*50 minutes cardio - 25 before and after workout**

**ARMS**

**BEAST**  
MODE

WORKOUT ROUTINE



**DAY V**



Flat Bench (BARBELL)

sets repetitions

3 3,3,10

Flat Bench (Dumbell)

3 8-12

Incline Bench (Unilateral)

3 8-10

Cable Crossovers Press

3 15

Press Machine

3 10-15

↳ \*\*50 minutes cardio - 25 before and after workout

CHEST

BEAST  
MODE

WORKOUT ROUTINE



DAY VI



Leg Extensions  
Squat (BARBELL)  
Hack Squat  
Leg Curl (Lying)  
Leg Curl (Seated)  
Calf Press

sets	repetitions
3	15,15,10/15
3	6-10
3	10
3	10-12
3	10-12
3	20-30

↳ \*\*50 minutes cardio - 25 before and after workout

LEGS

BEAST  
MODUS

WORKOUT ROUTINE



DAY VII





Deadlift

Lat Pulldown

Bentover Barbell Row

Dumbbell Row

sets repetitions

3 5-6

3 15

3 10-12

3 4-7

↳ \*\*50 minutes cardio - 25 before and after workout

BACK

**BEAST**  
MODE

WORKOUT ROUTINE



DAY VIII



	sets	repetitions
Shoulder Press	3	10-15
Shoulder Press (unilateral)	3	10-15
Side Lateral Raises	3	10-15
Side Lateral Raises (Unilateral)	3	10-15
Rear Delt Flyes (rope)	3	10-15
Rear Delt Flyes (dumbbell)	3	10-15
Bicep Curls	3	10-15
Tricep Overhead Extension	3	10-15
High Cable Curls (unilateral)	3	10-15
Tricep Pulldown (unilateral)	3	10-15

↳ \*\*50 minutes cardio - 25 before and after workout

SHOULDERS+ARMS **BEAST**  
MODUS

DAY IX

WORKOUT ROUTINE





sets repetitions

ACTIVE REST

**BEAST**  
MODE

WORKOUT ROUTINE



DAY X



Leg Extension

sets repetitions

4 15-25

Leg Press

10 10

Leg Extension

3 10-15

Hack Squat (Optional Exercise)

2 15/10

Leg Curl (Lying)

3 15,15,15/10

Leg Curl (Seated)

3 15,15,20

Calf Press (On Leg Press)

4 10,20,30,40

Calf Press (Seated)

3 15

↳ \*\*50 minutes cardio - 25 before and after workout

LEGS

BEAST  
MODE

WORKOUT ROUTINE



DAY XI





Lat Pulldown

sets repetitions

3 10-15

Machine Row

3 10-15

Seated Cable Row

3 10-15

Dumbbell Row

3 8-10

↳ \*\*50 minutes cardio - 25 before and after workout

BACK

**BEAST**  
MODUS

WORKOUT ROUTINE



DAY XII



# BEAST

M O D U S

