



WORKSHEET • BEAST: TOTAL BODY

Date / Week

Warm-Up

Circuit Set**Pull-Up****Push-Up****Squat****Crunch****Circuit Set****Incline Press****Bent-Over Row****Reverse Alternating Lunge****Plank Twist-Twist****Circuit Set****1,1,2 Military Press****Post Delt Raise****Stiff Leg Deadlift****Russian Twist****Circuit Set****Bicep Curl-Up-Hammer Down****Tricep Extension-Kickback****Calf Raise-Weight at Shoulder****Side Forearm Plank****Cool-Down**

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max * (and Sturdy Chair)
- Weights

- Worksheet and Pen
- Water and Towel

*Optional

Weight Suggestions:

30 lbs., 40 lbs., 50 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.



Date / Week						
Warm-Up						
Single Set	15 Reps W 20	12 Reps W 35	8 Reps W 52.5	8 Reps W 40		
Deadlift						
Super Set	15 Reps W 20	12 Reps W 35	8 Reps W 45	8 Reps W 40		
Dumbbell Pull-Over						
Pull-Up	R _____	R _____	R _____	R _____		
Giant Set	15 Reps W 20	12 Reps W _____	8 Reps W _____			
EZ Bar Row						
One-Arm Row	LT: W 30 RT: W 30	LT: W _____ RT: W _____	LT: W _____ RT: W _____			
Reverse Fly	W _____	W _____	W _____			
Single Set	30 Sec.	30 Sec.	8 Sec.			
Close-Grip Chin-Up	R _____	R _____	R _____			
Single Set	15 Reps W _____	12 Reps W _____	8 Reps W _____	8 Reps W _____		
Seated Bicep Curl						
Single Set	15 Reps W _____	12 Reps W _____	8 Reps W _____			
1,1,2 Hammer Curl						
Single Set	15 Reps W _____	12 Reps W _____	8 Reps W _____	8 Reps W _____		
Neutral EZ Bar Curl						
Single Set	30 Sec. R _____	30 Sec. R _____				
Airplane Cobra						

Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball)
- Chin-Up Bar
(or Bands With Door Attachment)
- Chin-Up Max * (and Sturdy Chair)
- Weights

- EZ Curl Bar W/Weighted Plates
(And Spring Collars)
- Worksheet and Pen
- Water and Towel

Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

*Optional

Date / Week

Warm-Up

Single Set

Dumbbell Chest Press

15 RepsW **30****12 Reps**W **40****8 Reps**W **52.5****8 Reps**W **45****Super Set**

Incline Dumbbell Fly

15 RepsW **15****12 Reps**W **20****8 Reps**W **30**

Incline Dumbbell Press

15 RepsW **15****12 Reps**W **30****8 Reps**W **40**W **30****Giant Set**

Close Grip Press

15 RepsW **20****12 Reps**W **25****8 Reps**W **30**

Partial Chest Fly

20 RepsW **20****25 Reps**W **25****30 Reps**W **30**

Decline Push-Up

15 RepsR **15****10 Reps**R **10****6 Reps**R **6****Single Set**

Tricep Extension

15 RepsW **12.5****12 Reps**W **15****8 Reps**W **20****8 Reps**W **12.5****Super Set**

Single Arm Kickback

15 RepsLT: W **12.5****12 Reps**LT: W **15****8 Reps**LT: W **20****8 Reps**LT: W **15**RT: W **12.5**RT: W **15**RT: W **20**RT: W **15**

Tricep Push-Up

60 Sec.

R _____

R _____**R _____****Super Set**

Dips on Bench

60 Sec.

R _____

In and Outs

60 Sec.

R _____

Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball)
- Sturdy Chair
- Weights

- Worksheet and Pen
- Water and Towel

Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

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Date / Week						
Warm-Up						
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Sumo Squat	W _____	W _____	W _____	W _____		
Super Set	15 Reps	12 Reps	8 Reps			
Alternating Lunge	W _____	W _____	W _____			
Step-Up to Reverse Lunge	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____			
Giant Set	15 Reps	12 Reps	8 Reps			
Parallel Squat	W _____	W _____	W _____			
Bulgarian Squat	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____			
Straight Leg Deadlift	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____			
Giant Set	30 Sec.	30 Sec.				
Single Leg Calf Raise	LT: R _____ RT: R _____	LT: R _____ RT: R _____				
Seated Calf Raise	R _____	R _____				
In and Outs	R _____	R _____				

Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

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Date / Week						
Warm-Up						
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Shoulder Press	W _____	W _____	W _____	W _____		
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Lateral Raise	W _____	W _____	W _____			
Upright Row	W _____	W _____	W _____	W _____		
Giant Set	15 Reps	12 Reps	8 Reps			
EZ Bar Underhand Press	W _____	W _____	W _____			
1,1,2 Front Raise	W _____	W _____	W _____			
Rear Delt Raise	W _____	W _____	W _____			
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Standing Dumbbell Shrug	W _____	W _____	W _____	W _____		
Dumbbell Scap Trap	W _____	W _____	W _____			
Super Set	12 Reps	8 Reps				
Sagi Six-Way	W _____	W _____				
	15 Reps	15 Reps				
Tuck & Roll	R _____	R _____				
Cool-Down		R = reps W = weight RT = right LT = left Sec = time C = completed				

Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

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Date / Week						
Warm-Up						
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Standing Curl	W _____	W _____	W _____	W _____	W _____	W _____
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Tricep Extension	W _____	W _____	W _____	W _____		
Force Set	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps	
Wide EZ Bar Curl	W _____	W _____	W _____	W _____	W _____	
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Skull Crusher	W _____	W _____	W _____	W _____		
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Hammer Curl	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Tricep Kickback	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
Single Set	30 Reps					
Weighted Crunch	R _____					
Cool-Down				R = reps W = weight RT = right LT = left Sec = time C = completed		

Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

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Date / Week						
Warm-Up						
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Pull-Over	W _____	W _____	W _____	W _____		
	10 Reps	10 Reps	10 Reps			
Pull-Up	R _____	R _____	R _____			
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Reverse Grip Row	W _____	W _____	W _____	W _____	W _____	W _____
Force Set	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps	
One-Arm Row	LT: W _____	W _____	W _____	W _____	W _____	
	RT: W _____	W _____	W _____	W _____	W _____	
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Deadlift	W _____	W _____	W _____	W _____		
Super Set	15 Reps	12 Reps				
Reverse Fly	W _____	W _____				
	30 Sec.	30 Sec.				
Plank Rotation	R _____	R _____				
Cool-Down						

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball)
 - Chin-Up Bar (or Bands With Door Attachment)
 - Chin-Up Max * (and Sturdy Chair)
 - Weights
- E-Z Curl Bar w/Weighted Plates (and Spring Collars)
- Worksheet and Pen
- Water and Towel

*Optional

Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

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Date / Week						
Warm-Up						
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Incline Fly	W _____	W _____	W _____			
Incline Press	W _____	W _____	W _____	W _____		
Force Set	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps	
Chest Press w/ Rotation	W _____	W _____	W _____	W _____	W _____	
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Incline Press	W _____	W _____	W _____	W _____	W _____	W _____
Combo Set	15 Reps	12 Reps	8 Reps			
Close-Grip Press to Fly	W _____	W _____	W _____			
Multi Set	15 Reps	12 Reps	8 Reps			
Decline Push-Up	R _____	R _____	R _____			
	10 Reps					
Cobra to Airplane	R _____		30 Sec.			
Russian Twist		R _____				
Cool-Down				R = reps W = weight RT = right LT = left Sec = time C = completed		

Equipment

- Bench (or Stability Ball).
- Weights
- Worksheet and Pen
- Water and Towel

Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

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WORKSHEET • BULK: LEGS

Date / Week						
Warm-Up						
Single Set	12 Reps	10 Reps	8 Reps			
Front to Back Lunge	RT: W _____	RT: W _____	RT: W _____			
	LT: W _____	LT: W _____	LT: W _____			
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Squat	W _____	W _____	W _____	W _____	W _____	W _____
Force Set	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps	
Full to 1/2 Sumo Squat	W _____	W _____	W _____	W _____	W _____	
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Split Squat w/ EZ Bar	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Stiff Leg Deadlift	W _____	W _____	W _____	W _____		
	10 Reps	10 Reps	10 Reps			
Alt. Side Squat	W _____	W _____	W _____			
Super Set	50 Reps	50 Reps				
Calf Raise	W _____	W _____				
	30 Sec.	30 Sec.				
Beast Abs	C _____	C _____				
Cool-Down				R = reps W = weight RT = right LT = left Sec = time C = completed		

Equipment

- Bench*
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

*Optional

- Worksheet and Pen
- Water and Towel

Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

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Date / Week						
Warm-Up						
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Lateral Raise	W _____	W _____	W _____			
Arnold Press	W _____	W _____	W _____	W _____		
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Upright Row	W _____	W _____	W _____	W _____	W _____	W _____
Super Set	15 Reps	12 Reps	8 Reps			
Alt. Front Raise	W _____	W _____	W _____			
	10 Reps	10 Reps	10 Reps			
Plate Twist-Twist	W _____	W _____	W _____			
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Reverse Fly	W _____	W _____	W _____	W _____	W _____	W _____
Super Set	10 Reps	10 Reps				
Superman Stretch	R _____	R _____				
	30 Sec.	30 Sec.				
Plank Twist-Twist	R _____	R _____				
Cool-Down						

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

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WORKSHEET • LUCKY 7

Date / Week

Warm-Up

Combo Set

EZ Push-Up + Clean + Squat

w _____

Combo Set

Dead Lift + Bent-Over Row

w _____

Combo Set

Skull Crusher + Press + Crunch

w _____

Combo Set

Curl + Military Press + EZ Squat

W _____

Combo Set

Delt Raise + Reverse Lunge

W _____

Date / Week

Warm-Up

Combo Set

Lat Oblique Twist

W _____

Circuit 1**Circuit 2****Circuit 3****Circuit 4****Circuit 5****Circuit 6****Circuit 7**

R _____

Combo Set

Upright Row + Calf Raise

W _____

Circuit 1**Circuit 2****Circuit 3****Circuit 4****Circuit 5****Circuit 6****Circuit 7**

R _____

Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- EZ Curl Bar w/Weighted Plates (and Spring Collars) Or Weights
- Worksheet and Pen
- Water and Towel



Date / Week						
Warm-Up						
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
Pull-Over	W _____	W _____	W _____			
	10 Reps					
Wide Plank In & Out	R _____					
Tempo-Single Set	10 Reps	10 Reps	8 Reps			
Pull-Up	R _____	R _____	R _____			
	10 Reps					
Hanging Circle	R _____					
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
Reverse Bent-Over Row	W _____	W _____	W _____			
	10 Reps					
Lat Oblique Twist	R _____					
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
Preacher Curl	RT: W _____	RT: W _____	RT: W _____			
	LT: W _____	LT: W _____	LT: W _____			
	10 Reps					
Hanging Curl	R _____					
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
All-Angle Bicep	W _____	W _____	W _____			
	30 Sec.					
Speed Mountain Climber	_____ sec.					
Cool-Down				R = reps W = weight RT = right LT = left Sec = time C = completed		

Equipment

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max * (and Sturdy Chair)
- Weights
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Worksheet and Pen
- Water and Towel

*Optional



WORKSHEET • TEMPO: CHEST/TRIS

Date / Week

Warm-Up

Tempo-Single Set

Chest Press

Figure 4 Crunch

Tempo-Single Set

Incline Press

Cricket Crunch

Tempo-Single Set

Incline Fly

Tempo Plank

Tempo-Single Set

Skull Crusher

EZ Bar Crunch

Tempo-Super Set

Tricep Kickback

Dips

Plank Twist-Twist

Cool-Down

15 Reps**12 Reps****8 Reps**

W _____

W _____

W _____

RT: R _____

LT: R _____

15 Reps**12 Reps****8 Reps**

W _____

W _____

W _____

10 Reps

RT: R _____

LT: R _____

15 Reps**12 Reps****8 Reps**

W _____

W _____

W _____

10 Reps

R _____

15 Reps**12 Reps****8 Reps**

W _____

W _____

W _____

10 Reps

R _____

15 Reps**12 Reps****8 Reps**

LT: W _____

LT: W _____

LT: W _____

RT: W _____

RT: W _____

RT: W _____

R _____

R _____

R _____

10 Reps

R _____

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball)
- Sturdy Chair
- Weights
- EZ Curl Bar w/Weighted Plates (and Spring Collars)

- Worksheet and Pen
- Water and Towel

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