

Detailed Information About Body Beast

There are several factors that make a fitness program worthy of following. Even though there are numerous fitness programs available in the market, it is essential that you research and review the different programs carefully before jumping into one. The first thing that you need to ask yourself before entering any fitness program is what your goal is. It helps in ascertaining which fitness program you want to follow. There are many different health and fitness programs out there that precisely focus on weight loss, weight training, body building, weight maintenance, healthy lifestyle, lean muscle building, and so on.



BODY BEAST **HUGE Beast**
For those who only care about getting big.

BLOCK 1 BUILD
3 weeks: 6 days on, 1 day off
Before you start:
• Measure body fat %
• Take "before" photo

WEEK 1
DAY 1 ■ BUILD: Chest/Tris
DAY 2 ■ BUILD: Legs
DAY 3 ■ BUILD: Back/Bis
DAY 4 ■ BUILD: Shoulders
DAY 5 ■ BEAST: Cardio/BEAST: Abs
or BEAST: Total Body
BEAST: Abs
DAY 6 ■ REST
DAY 7 ■ BUILD: Chest/Tris
or TEMPO: Chest/Tris

WEEK 2
DAY 1 ■ BUILD: Legs
DAY 2 ■ BUILD: Back/Bis
or TEMPO: Back/Bis
DAY 3 ■ BUILD: Shoulders
BEAST: Abs
DAY 4 ■ REST
DAY 5 ■ BUILD: Chest/Tris
or TEMPO: Chest/Tris
DAY 6 ■ BUILD: Legs
DAY 7 ■ BUILD: Back/Bis
or TEMPO: Back/Bis

WEEK 3
DAY 1 ■ BUILD: Shoulders
BEAST: Abs
DAY 2 ■ REST
DAY 3 ■ BUILD: Chest/Tris
or TEMPO: Chest/Tris
DAY 4 ■ BUILD: Legs
DAY 5 ■ BUILD: Back/Bis
or TEMPO: Back/Bis
DAY 6 ■ BUILD: Shoulders
BEAST: Abs
DAY 7 ■ BEAST: Cardio/BEAST: Abs
or BEAST: Total Body
BEAST: Abs

BLOCK 2 BULK
6 weeks: 6 days on, 1 day off

WEEK 1
DAY 1 ■ BULK: Chest
DAY 2 ■ BULK: Legs
DAY 3 ■ BULK: Back
DAY 4 ■ BULK: Arms
BEAST: Abs
DAY 5 ■ BULK: Shoulders
BEAST: Abs
DAY 6 ■ REST
DAY 7 ■ BULK: Chest

WEEK 2
DAY 1 ■ BULK: Legs
DAY 2 ■ BULK: Back
DAY 3 ■ BULK: Arms
BEAST: Abs
DAY 4 ■ BULK: Shoulders
BEAST: Abs
DAY 5 ■ REST
DAY 6 ■ BULK: Chest
DAY 7 ■ BULK: Legs

WEEK 3
DAY 1 ■ BULK: Back
DAY 2 ■ BULK: Arms
BEAST: Abs
DAY 3 ■ BULK: Shoulders
DAY 4 ■ REST
DAY 5 ■ BULK: Chest
DAY 6 ■ BULK: Legs
DAY 7 ■ BULK: Back

WEEK 4
DAY 1 ■ BULK: Arms
BEAST: Abs
DAY 2 ■ BULK: Shoulders
DAY 3 ■ REST
DAY 4 ■ BULK: Chest
DAY 5 ■ BULK: Legs
DAY 6 ■ BULK: Back
DAY 7 ■ BULK: Arms
BEAST: Abs

WEEK 5
DAY 1 ■ BUILD: Shoulders
DAY 2 ■ REST
DAY 3 ■ BULK: Chest
DAY 4 ■ BULK: Back
DAY 5 ■ BULK: Arms
BEAST: Abs
DAY 6 ■ BULK: Shoulders

WEEK 6
DAY 1 ■ REST
DAY 2 ■ BULK: Chest
DAY 3 ■ BULK: Legs
DAY 4 ■ BULK: Back
DAY 5 ■ BULK: Arms
BEAST: Abs
DAY 6 ■ BUILD: Shoulders
DAY 7 ■ REST

BLOCK 3 BEAST
3 weeks: 6 days on, 1 day off

WEEK 1
DAY 1 ■ BUILD: Chest/Tris
or TEMPO: Chest/Tris
DAY 2 ■ BUILD: Legs
DAY 3 ■ BUILD: Back/Bis
or TEMPO: Back/Bis
DAY 4 ■ BEAST: Cardio
BEAST: Abs
DAY 5 ■ REST
DAY 6 ■ BULK: Arms
DAY 7 ■ BUILD: Shoulders

WEEK 2
DAY 1 ■ BULK: Chest
DAY 2 ■ BUILD: Legs
DAY 3 ■ BEAST: Cardio/BEAST: Abs
or BEAST: Total Body
BEAST: Abs
DAY 4 ■ REST
DAY 5 ■ BULK: Back
DAY 6 ■ BULK: Arms/BEAST: Abs
DAY 7 ■ BEAST: Cardio

WEEK 3
DAY 1 ■ BUILD: Chest/Tris
or TEMPO: Chest/Tris
DAY 2 ■ BULK: Legs
DAY 3 ■ BEAST: Cardio/BEAST: Abs
DAY 4 ■ REST
DAY 5 ■ BUILD: Back/Bis
or TEMPO: Back/Bis
DAY 6 ■ BUILD: Shoulders
DAY 7 ■ BEAST: Cardio/BEAST: Abs
or BEAST: Total Body
BEAST: Abs

In this regard, Body Beast is a comprehensive fitness program that contains all these attributes in a well balanced manner. It helps in body building, weight loss, enhancing body mass and developing lean body and muscles in a definitive manner. The program has different phases in it, and has a series of short term goals to achieve the long term goal of building a model like

body. The best part about the Body Beast fitness program is its practical and scientific approach, wherein people do not have to spend an enormous amount of time in the gym or training themselves for endless hours each day. However, the program does require the user to stay focused and disciplined to achieve the results it promises. [My Review Here](#) for more information about Body Beast.



The program has a sequence of exercises that needs to be done as per schedule each day. It also requires the users to follow a particular nutritional and diet plan that comes along with the program. The program is accompanied with training DVDs that helps the users to understand and follow each and every step mentioned in the program perfectly, without getting confused on the way. It does not promise abnormal results or make false promises, but assures results for the users who are dedicated and determined to achieve a lean physique and lead a healthy lifestyle.