Schedule	BODY BEAST - HUGE							Day
Phase 1 - BUILD	**Sunday**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	
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
Phase 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
Phase 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