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