

BODY BEAST™

LEAN

FOR THOSE WHO WANT TO GET BIG BUT ALSO LOSE SOME FAT

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	BUILD: CHEST/TRI'S	BUILD: LEGS	BUILD: BACK/BI'S	BEAST: CARDIO BEAST: ABS	BUILD: SHOULDERS	REST DAY	BUILD: CHEST/TRI'S
2	BUILD: LEGS	BUILD: BACK/BI'S	BEAST: CARDIO BEAST: ABS	BUILD: SHOULDERS	REST DAY	BUILD: CHEST/TRI'S	BUILD: LEGS
3	BUILD: BACK/BI'S	BEAST: CARDIO BEAST: ABS	BUILD: SHOULDERS	REST DAY	BUILD: CHEST/TRI'S	BUILD: LEGS	BUILD: BACK/BI'S
4	BULK: CHEST	BULK: LEGS	BULK: ARMS	BEAST: CARDIO BEAST: ABS	BULK: BACK	BULK: SHOULDERS	REST DAY
5	BULK: CHEST	BULK: LEGS	BULK: ARMS	BEAST: CARDIO BEAST: ABS	BULK: BACK	BULK: SHOULDERS	REST DAY
6	BULK: CHEST	BULK: LEGS	BULK: ARMS	BEAST: CARDIO BEAST: ABS	BULK: BACK	BULK: SHOULDERS	REST DAY
7	BULK: CHEST	BULK: LEGS	BULK: ARMS	BEAST: CARDIO BEAST: ABS	BULK: BACK	BULK: SHOULDERS	REST DAY
8	BULK: CHEST	BULK: LEGS	BULK: ARMS	BEAST: CARDIO BEAST: ABS	BULK: BACK	BULK: SHOULDERS	REST DAY
9	BUILD: CHEST/TRI'S	BULK: LEGS	BUILD: BACK/BI'S	BEAST: CARDIO BEAST: ABS	BUILD: SHOULDERS	REST DAY	BEAST: CARDIO BEAST: ABS
10	BULK: CHEST	BULK: LEGS	BULK: SHOULDERS	BULK: BACK	BULK: ARMS	BEAST: CARDIO BEAST: ABS	REST DAY
11	BUILD: CHEST/TRI'S	BULK: LEGS	BUILD: BACK/BI'S	BEAST: CARDIO BEAST: ABS	BUILD: SHOULDERS	REST DAY	BEAST: CARDIO BEAST: ABS
12	BULK: CHEST	BULK: LEGS	BULK: SHOULDERS	BULK: BACK	BULK: ARMS	BEAST: CARDIO BEAST: ABS	REST DAY

Body Beast Lean Nutrition Guide

Cassell & Company

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the Cassell & Company text.

Body Beast Lean Nutrition Guide:

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