**Lean Beast**

For those who want to get big but also lose some fat.

**Block 1: Build**

3 weeks: 6 days on, 1 day off

**Week 1**
- Day 1: Build: Chest/Tris
- Day 2: Build: Legs
- Day 3: Build: Back/BS
- Day 4: Beast: Cardio/Beast: Abs
- Day 5: Build: Shoulders
- Day 6: Rest
- Day 7: Build: Chest/Tris or Tempo: Chest/Tris

**Week 2**
- Day 1: Build: Legs
- Day 2: Build: Back/BS or Tempo: Back/BS
- Day 3: Beast: Cardio/Beast: Abs
- Day 4: Build: Shoulders
- Day 5: Rest
- Day 6: Build: Chest/Tris or Tempo: Chest/Tris
- Day 7: Build: Legs

**Week 3**
- Day 1: Build: Back/BS or Tempo: Back/BS
- Day 2: Beast: Cardio/Beast: Abs
- Day 3: Build: Shoulders
- Day 4: Rest
- Day 5: Build: Chest/Tris or Tempo: Chest/Tris
- Day 6: Build: Legs
- Day 7: Build: Back/BS or Tempo: Back/BS

**Block 2: Bulk**

5 weeks: 6 days on, 1 day off

**Week 1**
- Day 1: Bulk: Chest
- Day 2: Bulk: Legs
- Day 3: Bulk: Arms
- Day 4: Beast: Cardio
  - Beast: Abs
- Day 5: Bulk: Back
- Day 6: Bulk: Shoulders
- Day 7: Rest

**Week 2**
- Day 1: Bulk: Chest
- Day 2: Bulk: Legs
- Day 3: Bulk: Arms
- Day 4: Beast: Cardio
  - Beast: Abs
- Day 5: Bulk: Back
- Day 6: Bulk: Shoulders
- Day 7: Rest

**Week 3**
- Day 1: Bulk: Legs
- Day 2: Bulk: Chest
- Day 3: Bulk: Arms
- Day 4: Beast: Cardio
  - Beast: Abs
- Day 5: Bulk: Back
- Day 6: Bulk: Shoulders
- Day 7: Rest

**Week 4**
- Day 1: Bulk: Chest
- Day 2: Bulk: Legs
- Day 3: Bulk: Arms
- Day 4: Beast: Cardio
  - Beast: Abs
- Day 5: Bulk: Back
- Day 6: Bulk: Shoulders
- Day 7: Rest

**Week 5**
- Day 1: Bulk: Legs
- Day 2: Bulk: Chest
- Day 3: Bulk: Arms
- Day 4: Beast: Cardio
  - Beast: Abs
- Day 5: Bulk: Back
- Day 6: Bulk: Shoulders
- Day 7: Rest

**Week 6**
- Day 1: Bulk: Chest
- Day 2: Bulk: Legs
- Day 3: Bulk: Arms
- Day 4: Beast: Cardio
  - Beast: Abs
- Day 5: Bulk: Back
- Day 6: Bulk: Shoulders
- Day 7: Rest

**Block 3: Beast**

4 weeks: 6 days on, 1 day off

**Week 1**
- Day 1: Build: Chest/Tris or Tempo: Chest/Tris
- Day 2: Bulk: Legs
- Day 3: Build: Back/BS or Tempo: Back/BS
- Day 4: Beast: Cardio
  - Beast: Abs
- Day 5: Build: Shoulders
- Day 6: Rest
- Day 7: Beast: Cardio
  - Beast: Abs

**Week 2**
- Day 1: Bulk: Chest
- Day 2: Bulk: Legs
- Day 3: Bulk: Arms
- Day 4: Beast: Cardio
  - Beast: Abs
- Day 5: Bulk: Back
- Day 6: Bulk: Shoulders
- Day 7: Rest

**Week 3**
- Day 1: Build: Chest/Tris or Tempo: Chest/Tris
- Day 2: Bulk: Legs
- Day 3: Build: Back/BS or Tempo: Back/BS
- Day 4: Beast: Cardio
  - Beast: Abs
- Day 5: Build: Shoulders
- Day 6: Beast: Cardio
  - Beast: Abs
- Day 7: Rest

**Week 4**
- Day 1: Bulk: Chest
- Day 2: Bulk: Legs
- Day 3: Bulk: Arms
- Day 4: Beast: Cardio
  - Beast: Abs
- Day 5: Bulk: Back
- Day 6: Beast: Cardio
  - Beast: Abs
- Day 7: Rest

[www.buildahardbody.com](http://www.buildahardbody.com)