



# BODY BEAST LEAN WORKOUT CALENDAR



My Goals

My Motivation

My Reward

## BLOCK 1—BUILD

WEEK	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	BUILD: <input type="checkbox"/> Chest/Tris	BUILD: <input type="checkbox"/> Legs	BUILD: <input type="checkbox"/> Back/Bis	BUILD: <input type="checkbox"/> Cardio + Abs	BUILD: <input type="checkbox"/> Shoulders	REST <input type="checkbox"/>	BUILD: <input type="checkbox"/> Chest/Tris
2	BUILD: <input type="checkbox"/> Legs	BUILD: <input type="checkbox"/> Back/Bis	BUILD: <input type="checkbox"/> Cardio + Abs	BUILD: <input type="checkbox"/> Shoulders	REST <input type="checkbox"/>	BUILD: <input type="checkbox"/> Chest/Tris	BUILD: <input type="checkbox"/> Legs
3	BUILD: <input type="checkbox"/> Back/Bis	BUILD: <input type="checkbox"/> Cardio + Abs	BUILD: <input type="checkbox"/> Shoulders	REST <input type="checkbox"/>	BUILD: <input type="checkbox"/> Chest/Tris	BUILD: <input type="checkbox"/> Legs	BUILD: <input type="checkbox"/> Back/Bis

For more free worksheets, visit:

*Weigh to*  
**MAINTAIN**

### Before Stats

Weight  Chest  Waist  Hips   
 Body Fat %  Thigh  Bicep  Calf

### After Stats

Weight  Chest  Waist  Hips   
 Body Fat %  Thigh  Bicep  Calf

## BLOCK 2 —BULK

*Weigh to* MAINTAIN

WEEK	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	<input type="checkbox"/> BULK: Chest	<input type="checkbox"/> BULK: Legs	<input type="checkbox"/> BULK: Arms	<input type="checkbox"/> Cardio/Abs	<input type="checkbox"/> BULK: Back	<input type="checkbox"/> BULK: Shoulders	<input type="checkbox"/> REST
2	<input type="checkbox"/> BULK: Chest	<input type="checkbox"/> BULK: Legs	<input type="checkbox"/> BULK: Arms	<input type="checkbox"/> Cardio/Abs	<input type="checkbox"/> BULK: Back	<input type="checkbox"/> BULK: Shoulders	<input type="checkbox"/> REST
3	<input type="checkbox"/> BULK: Chest	<input type="checkbox"/> BULK: Legs	<input type="checkbox"/> BULK: Arms	<input type="checkbox"/> Cardio/Abs	<input type="checkbox"/> BULK: Back	<input type="checkbox"/> BULK: Shoulders	<input type="checkbox"/> REST
4	<input type="checkbox"/> BULK: Chest	<input type="checkbox"/> BULK: Legs	<input type="checkbox"/> BULK: Arms	<input type="checkbox"/> Cardio/Abs	<input type="checkbox"/> BULK: Back	<input type="checkbox"/> BULK: Shoulders	<input type="checkbox"/> REST
5	<input type="checkbox"/> BULK: Chest	<input type="checkbox"/> BULK: Legs	<input type="checkbox"/> BULK: Arms	<input type="checkbox"/> Cardio/Abs	<input type="checkbox"/> BULK: Back	<input type="checkbox"/> BULK: Shoulders	<input type="checkbox"/> REST

## BLOCK 3 —BEAST

WEEK	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	<input type="checkbox"/> BUILD: Chest/Tris	<input type="checkbox"/> BULK: Legs	<input type="checkbox"/> BUILD: Back/Bis	<input type="checkbox"/> Cardio/Abs	<input type="checkbox"/> BUILD: Shoulders	<input type="checkbox"/> REST	<input type="checkbox"/> Cardio/Abs or Total Body/Abs
2	<input type="checkbox"/> BULK: Chest	<input type="checkbox"/> BUILD: Legs	<input type="checkbox"/> BULK: Shoulders	<input type="checkbox"/> BULK: Back	<input type="checkbox"/> BULK: Arms	<input type="checkbox"/> Cardio/Abs	<input type="checkbox"/> REST
3	<input type="checkbox"/> BUILD: Chest/Tris	<input type="checkbox"/> BULK: Legs	<input type="checkbox"/> BUILD: Back/Bis	<input type="checkbox"/> Cardio/Abs	<input type="checkbox"/> BUILD: Shoulders	<input type="checkbox"/> REST	<input type="checkbox"/> Cardio/Abs or Total Body/Abs
4	<input type="checkbox"/> BULK: Chest	<input type="checkbox"/> BUILD: Legs	<input type="checkbox"/> BULK: Shoulders	<input type="checkbox"/> BULK: Back	<input type="checkbox"/> BULK: Arms	<input type="checkbox"/> Cardio/Abs	<input type="checkbox"/> REST