



BEAST + YOGA 4 DAY MASH-UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEAST UP: CHEST, SHOULDERS & TRICEPS	BODY BEAST: BUILD LEGS	OFF	BEACHBODY YOGA STUDIO: MUSCLE RECOVERY WITH TED	BODY BEAST: BACK AND BICEPS + BEAST ABS	OFF	OFF
A WEEK OF HARD LABOR: CHEST & BACK	BEAST UP: LEGS	OFF	BEACHBODY YOGA STUDIO: PATIENCE HUMMINGBIRD (TONY HORTON)	A WEEK OF HARD LABOR: SHOULDERS & ARMS	OFF	OFF
BEAST UP: CHEST, SHOULDERS & TRICEPS	BODY BEAST: BUILD LEGS	OFF	BEACHBODY YOGA STUDIO: YIN YOGA WITH TED	BODY BEAST: BACK AND BICEPS + BEAST ABS	OFF	OFF
A WEEK OF HARD LABOR: CHEST & BACK	BEAST UP: LEGS	OFF	BEACHBODY YOGA STUDIO: FOUNTAIN OF YOUTH (TONY HORTON)	A WEEK OF HARD LABOR: SHOULDERS & ARMS	OFF	OFF

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