

BEAST4 WORKOUT CALENDAR

BUILD IT							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	BUILD CHEST/TRIS	BACK/BICEPS Circuit	RECOVERY	BUILD SHOULDERS	LEGS LIIFT 50/50	RECOVERY	RECOVERY
WEEK 2	CHEST/TRICEPS Circuit	BUILD BACK/BIS	RECOVERY	SHOULDERS LIIFT Intervals	BUILD LEGS	RECOVERY	RECOVERY
WEEK 3	BUILD CHEST/TRIS	BACK/BICEPS Circuit	RECOVERY	BUILD SHOULDERS	LEGS LIIFT 50/50	RECOVERY	RECOVERY
WEEK 4	CHEST/TRICEPS Circuit	BUILD BACK/BIS	RECOVERY	SHOULDERS LIIFT Intervals	BUILD LEGS	RECOVERY	RECOVERY
WEEK 5	BUILD OR TEMPO CHEST/TRIS	BACK/BICEPS Circuit	RECOVERY	BULK SHOULDERS	LEGS LIIFT 50/50	RECOVERY	RECOVERY
WEEK 6	CHEST/TRICEPS Circuit	BUILD OR TEMPO BACK/BIS	RECOVERY	SHOULDERS LIIFT Intervals	BULK LEGS	RECOVERY	RECOVERY
SHRED IT							
WEEK 7	AWOHL CHEST/BACK	LEGS LIIFT 50/50	RECOVERY	AWOHL SHOULDERS/ARMS	FULL BODY HIIT	RECOVERY	RECOVERY
WEEK 8	CHEST/BACK Circuit	BEAST UP LEGS	RECOVERY	SHOULDERS/ARMS Circuit	BEAST CARDIO	RECOVERY	RECOVERY

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.



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