

# BEAST 5

✉ [chad@zillafitness.com](mailto:chad@zillafitness.com)

# HUGE Beast

For those who want to gain muscle mass.

WK	BLOCK 1 BUILD 3 weeks: 5 days on, 2 days off						
1	1_ BUILD: Chest/Tris Measure body fat and take "before" photo	2_ BUILD: Legs	3_ REST	4_ BUILD: Back/Bis BEAST: Abs	5_ BUILD: Shoulders	6_ BEAST: Cardio/BEAST: Abs or BEAST: Total Body BEAST: Abs	7_ REST
2	1_ BUILD: Chest/Tris or TEMPO: Chest/Tris	2_ BUILD: Legs	3_ REST	4_ BUILD: Back/Bis or TEMPO: Back/Bis	5_ BUILD: Shoulders	6_ BEAST: Cardio/BEAST: Abs or BEAST: Total Body BEAST: Abs	7_ REST
3	1_ BUILD: Chest/Tris or TEMPO: Chest/Tris	2_ BUILD: Legs	3_ REST	4_ BUILD: Back/Bis or TEMPO: Back/Bis	5_ BUILD: Shoulders	6_ BEAST: Cardio/BEAST: Abs or BEAST: Total Body BEAST: Abs	7_ REST
WK	BLOCK 2 BULK 6 weeks :5 days on, 2 days off						
1	1_ BULK: Chest	2_ BULK: Legs	3_ REST	4_ BULK: Back BEAST: Abs	5_ BULK: Arms	6_ BULK: Shoulders	7_ REST
2	1_ BULK: Chest	2_ BULK: Legs	3_ REST	4_ BULK: Back BEAST: Abs	5_ BULK: Arms	6_ BULK: Shoulders	7_ REST
3	1_ BULK: Chest	2_ BULK: Legs	3_ REST	4_ BULK: Back BEAST: Abs	5_ BULK: Arms	6_ BULK: Shoulders	7_ REST
4	1_ BULK: Chest	2_ BULK: Legs	3_ REST	4_ BULK: Back BEAST: Abs	5_ BULK: Arms	6_ BULK: Shoulders	7_ REST
5	1_ BULK: Chest	2_ BULK: Legs	3_ REST	4_ BULK: Back BEAST: Abs	5_ BULK: Arms	6_ BULK: Shoulders	7_ REST
6	1_ BULK: Chest	2_ BULK: Legs	3_ REST	4_ BULK: Back BEAST: Abs	5_ BULK: Arms	6_ BULK: Shoulders	7_ REST
WK	BLOCK 3 BEAST 3 weeks:5 days on,2 days off						
1	1_ BUILD: Chest/Tris or TEMPO: Chest/Tris	2_ BULK: Legs	3_ REST	4_ BUILD: Back/Bis or TEMPO: Back/Bis	5_ BUILD: Shoulders	6_ BEAST: Cardio BEAST: Abs	7_ REST
2	1_ BULK: Chest	2_ BUILD: Legs	3_ REST	4_ BULK: Back BEAST: Abs	5_ BULK: Arms or AWOHL: Shoulders/Arms	6_ BEAST: Cardio/BEAST: Abs or BEAST: Total Body BEAST: Abs	7_ REST
3	1_ BUILD: Chest/Tris or TEMPO: Chest/Tris	2_ BULK: Legs	3_ REST	4_ BUILD: Back/Bis or TEMPO: Back/Bis	5_ BULK: Shoulders	6_ BEAST: Cardio/BEAST: Abs or BEAST: Total Body BEAST: Abs	7_ REST



← click for recommended stack

a modified **CHAD PINK** schedule by **ZILLAFITNESS.COM**

Version 1.0 10/2/2021

