



FOR THOSE FOCUSED ON ADDING MASS.

	WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BUILD	1	BUILD: CHEST/TRI'S	BUILD: LEGS	BUILD: BACK/BI'S	BUILD: SHOULDERS	BEAST: CARDIO BEAST: ABS	REST DAY	BUILD: CHEST/TRI'S
	2	BUILD: LEGS	BUILD: BACK/BI'S	BUILD: SHOULDERS BEAST: ABS	REST DAY	BUILD: CHEST/TRI'S	BUILD: LEGS	BUILD: BACK/BI'S
	3	BUILD: SHOULDERS BEAST: ABS	REST DAY	BUILD: CHEST/TRI'S	BUILD: LEGS	BUILD: BACK/BI'S	BUILD: SHOULDERS BEAST: ABS	BEAST: CARDIO BEAST: ABS
BULK	4	BULK: CHEST	BULK: LEGS	BULK: BACK	BULK: ARMS BEAST: ABS	BULK: SHOULDERS	REST DAY	BULK: CHEST
	5	BULK: LEGS	BULK: BACK	BULK: ARMS BEAST: ABS	BULK: SHOULDERS	REST DAY	BULK: CHEST	BULK: LEGS
	6	BULK: BACK	BULK: ARMS BEAST: ABS	BULK: SHOULDERS	REST DAY	BULK: CHEST	BULK: LEGS	BULK: BACK
	7	BULK: ARMS BEAST: ABS	BULK: SHOULDERS	REST DAY	BULK: CHEST	BULK: LEGS	BULK: BACK	BULK: ARMS BEAST: ABS
	8	BULK: SHOULDERS	REST DAY	BULK: CHEST	BULK: LEGS	BULK: BACK	BULK: ARMS BEAST: ABS	BULK: SHOULDERS
	9	REST DAY	BULK: CHEST	BULK: LEGS	BULK: BACK	BULK: ARMS BEAST: ABS	BULK: SHOULDERS	REST DAY
BEAST	10	BUILD: CHEST/TRI'S	BULK: LEGS	BUILD: BACK /BI'S	BEAST: CARDIO BEAST: ABS	REST DAY	BULK: ARMS	BUILD: SHOULDERS
	11	BULK: CHEST	BUILD: LEGS	BEAST: CARDIO BEAST: ABS	REST DAY	BULK: BACK	BULK: ARMS BEAST: ABS	BEAST: CARDIO
	12	BUILD: CHEST/TRI'S	BULK: LEGS	BEAST: CARDIO BEAST: ABS	REST DAY	BUILD: BACK/BI'S	BULK: SHOULDERS	BEAST: CARDIO BEAST: ABS