



LEAN

FOR THOSE WHO WANT TO GAIN MUSCLE BUT ALSO LOSE SOME FAT

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