BCAST		w	ORKSHEET	· BEAS	T: TOTAL	BODY
Date / Week						
Warm-Up						
Circuit Set	15 Reps	15 Reps				
Pull-Up	R	R				
Push-Up	R	R				
Squat	W	W				
Crunch	R	R				
Circuit Set	15 Reps	15 Reps				
Incline Press	W	W				
Bent-Over Row	W	W				
Reverse Alternating Lunge	W	W				
Plank Twist-Twist	R	R				
Circuit Set	15 Reps	15 Reps				
1,1,2 Military Press	W	W				
Post Delt Raise	RT: W	RT: W				
	LT: W	LT: W				
Stiff Leg Deadlift	W	W				
Russian Twist	R	R				
Circuit Set	15 Reps	15 Reps				
Bicep Curl-Up-Hammer Down	W	W				
Tricep Extension-Kickback	RT: W	RT: W				
	LT: W	LT: W				
Calf Raise-Weight at Shoulder	W	W				
Side Forearm Plank	RT: R	RT: R				
	LT: R	LT: R				

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max * (and Sturdy Chair)
- Weights

- Worksheet and Pen
- Water and Towel

Weight Suggestions:

30 lbs., 40 lbs., 50 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

*Optional



BEAST		WORKSHEET • BUILD: BACK/BIS				
Date / Week						
Warm-Up						
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Deadlift	W	W	W	W		
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Dumbbell Pull-Over	W	W	W	W		
	10 Reps	10 Reps	10 Reps			
Pull-Up	R	R	R	_		
Giant Set	15 Reps	12 Reps	8 Reps			
EZ Bar Row	W	W	W			
One-Arm Row	LT: W	LT: W	LT: W			
	RT: W	RT: W	RT: W			
Reverse Fly	W	W	W			
Single Set	30 Sec.	30 Sec.	8 Sec.			
Close-Grip Chin-Up	R	R	R			
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Seated Bicep Curl	W	W	W	W		
Single Set	15 Reps	12 Reps	8 Reps			
1,1,2 Hammer Curl	W	W	W			
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Neutral EZ Bar Curl	W	W	W	W		
Single Set	30 Sec.	30 Sec.				
Airplane Cobra	R	R				

Cool-Down

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max * (and Sturdy Chair)
- Weights

*Optional

- EZ Curl Bar W/Weighted Plates (And Spring Collars)
- Worksheet and Pen
- Water and Towel

Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

R = reps W = weight RT = right LT = left Sec = time C = completed



BEAST		WORKSHEET • BUILD: CHEST/TRIS					
Date / Week							
Warm-Up							
Single Set	15 Reps	12 Reps	8 Reps	8 Reps			
Dumbbell Chest Press	W	W	W	W			
Super Set	15 Reps	12 Reps	8 Reps	8 Reps			
Incline Dumbbell Fly	W	w	W				
Incline Dumbbell Press	W	w	W	W			
Giant Set	15 Reps	12 Reps	8 Reps				
Close Grip Press	W	w	W				
Partial Chest Fly	W	W	W				
Decline Push-Up	R	R	R				
Single Set	15 Reps	12 Reps	8 Reps	8 Reps			
Tricep Extension	W	w	W	W			
Super Set	15 Reps	12 Reps	8 Reps	8 Reps			
Single Arm Kickback	LT: W	LT: W	LT: W	LT: W			
	RT: W	RT: W	RT: W	RT: W			
Tricep Push-Up	R	R	R				
Super Set	60 Sec.						
Dips on Bench	R						
In and Outs	R						

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball)
- Sturdy Chair
- Weights

- Worksheet and Pen
- Water and Towel

Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

BEAST		WORKSHEET • BUILD: LEGS					
Date / Week							
Warm-Up							
Single Set	15 Reps	12 Reps	8 Reps	8 Reps			
Sumo Squat	W	W	W	W			
Super Set	15 Reps	12 Reps	8 Reps				
Alternating Lunge	W	W	W				
Step-Up to Reverse Lunge	RT: W	RT: W	RT: W				
	LT: W	LT: W	LT: W				
Giant Set	15 Reps	12 Reps	8 Reps				
Parallel Squat	W	W	W				
Bulgarian Squat	LT: W	LT: W	LT: W				
	RT: W	RT: W	RT: W				
Straight Leg Deadlift	RT: W	RT: W	RT: W				
	LT: W	LT: W	LT: W				
Giant Set	30 Sec.	30 Sec.					
Single Leg Calf Raise	LT: R	LT: R					
	RT: R	RT: R					
Seated Calf Raise	R	R					
In and Outs	R	R					

Cool-Down

• Bench (or Stability Ball)

• EZ Curl Bar w/Weighted Plates (and Spring Collars)

• Weights

• Worksheet and Pen

Water and Towel

Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

R = reps W = weight RT = right LT = left Sec = time C = completed



BEAST		WORKSHEET • BUILD: SHOULDERS				
Date / Week						
Warm-Up						
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Shoulder Press	W	W	w	W		
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Lateral Raise	W	W	W			
Upright Row	W	W	W	W		
Giant Set	15 Reps	12 Reps	8 Reps			
EZ Bar Underhand Press	W	W	W			
1,1,2 Front Raise	W	W	W			
Rear Delt Raise	W	W	W			
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Standing Dumbbell Shrug	W	W	w	w		
Dumbbell Scap Trap	W	w	w			
Super Set	12 Reps	8 Reps				
Sagi Six-Way	W	W				
	15 Reps	15 Reps				
Tuck & Roll	R	R				

• Bench (or Stability Ball)

• EZ Curl Bar w/Weighted Plates (and Spring Collars)

• Weights

• Worksheet and Pen

Water and Towel

Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

R = reps W = weight RT = right LT = left Sec = time C = completed



REAST.	WORKSHEET • BULK: ARMS					
Date / Week						
Warm-Up						
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Standing Curl	W	W	W	W	W	W
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Tricep Extension	W	W	W	W		
Force Set	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps	
Wide EZ Bar Curl	W	W	W	W	W	
Single Set	15 Reps	12 Reps	8 Reps	8 Reps	·	
Skull Crusher	W	W	W	W		
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Hammer Curl	RT: W	RT: W	RT: W	RT: W	RT: W	RT: W
	LT: W	LT: W	LT: W	LT: W	LT: W	LT: W
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Tricep Kickback	RT: W	RT: W	RT: W	RT: W	RT: W	RT: W
	LT: W	LT: W	LT: W	LT: W	LT: W	LT: W
Single Set	30 Reps					
Weighted Crunch	R					

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.



BEAST	WORKSHEET • BULK: BACK					
Date / Week						
Warm-Up						
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Pull-Over	W	W	W	W		
	10 Reps	10 Reps	10 Reps			
Pull-Up	R	R	R			
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Reverse Grip Row	w	W	W	W	W	W
Force Set	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps	
One-Arm Row	LT: W	W	W	W	W	
	RT: W	W	W	W	W	
Single Set	15 Reps	12 Reps	8 Reps	8 Reps	<u>'</u>	
Deadlift	W	W	W	W		
Super Set	15 Reps	12 Reps				
Reverse Fly	W	W				
	30 Sec.	30 Sec.				
Plank Rotation	R	R				

Cool-Down

• Bench (or Stability Ball)

- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max * (and Sturdy Chair)
- Weights

*Optional

- E-Z Curl Bar w/Weighted Plates (and Spring Collars)
- Worksheet and Pen
- Water and Towel

Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

R = reps W = weight RT = right LT = left Sec = time C = completed



BCAST			WORKS	HEET • H	BULK: CHE	ST
Date / Week						
Warm-Up						
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Incline Fly	W	W	W			
Incline Press	W	W	W	w		
Force Set	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps	
Chest Press w/ Rotation	W	W	W	W	W	
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Incline Press	W	W	W	w	w	W
Combo Set	15 Reps	12 Reps	8 Reps			
Close-Grip Press to Fly	W	W	W			
Multi Set	15 Reps	12 Reps	8 Reps			
Decline Push-Up	R	R	R			
	10 Reps					
Cobra to Airplane	R					
		30 Sec.				
Russian Twist		R				

R = reps W = weight RT = right LT = left Sec = time C = completed

Equipment

- Bench (or Stability Ball).
- Weights
- Worksheet and Pen
- Water and Towel

Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.



REAST	WORKSHEET • BULK: LEGS					
Date / Week						
Warm-Up						
Single Set	12 Reps	10 Reps	8 Reps			
Front to Back Lunge	RT: W	RT: W	RT: W			
	LT: W	LT: W	LT: W			
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Squat	W	W	W	W	w	W
Force Set	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps	
Full to 1/2 Sumo Squat	w	W	W	w	w	
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Split Squat w/ EZ Bar	RT: W	RT: W	RT: W	RT: W	RT: W	RT: W
	LT: W	LT: W	LT: W	LT: W	LT: W	LT: W
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Stiff Leg Deadlift	w	W	W	w		
	10 Reps	10 Reps	10 Reps			
Alt. Side Squat	W	W	W			
Super Set	50 Reps	50 Reps				
Calf Raise	W	W				
	30 Sec.	30 Sec.				
Beast Abs	C	C				

Cool-Down

- Bench*
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

*Optional

- Worksheet and Pen
- Water and Towel

Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

R = reps W = weight RT = right LT = left Sec = time C = completed



BEAST		WORKSHEET • BULK: SHOULDERS					
Date / Week							
Warm-Up							
Super Set	15 Reps	12 Reps	8 Reps	8 Reps			
Lateral Raise	W	W	W				
Arnold Press	w	w	W	w			
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps	
Upright Row	w	w	W	w	w	W	
Super Set	15 Reps	12 Reps	8 Reps				
Alt. Front Raise	W	W	W				
	10 Reps	10 Reps	10 Reps				
Plate Twist-Twist	W	W	W				
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps	
Reverse Fly	W	W	W	W	W	W	
Super Set	10 Reps	10 Reps					
Superman Stretch	R	R					
	30 Sec.	30 Sec.					
Plank Twist-Twist	R	R					

Cool-Down

• Bench (or Stability Ball)

• EZ Curl Bar w/Weighted Plates (and Spring Collars)

• Weights

Worksheet and Pen

• Water and Towel

Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

R = reps W = weight RT = right LT = left Sec = time C = completed

BODY						
REAST			WOR	KSHEET	LUCKY 7	
Date / Week						
Warm-Up						
Combo Set						
EZ Push-Up + Clean +	Squat					
w						
Circuit 1	Circuit 2	Circuit 3	Circuit 4	Circuit 5	Circuit 6	Circuit 7
R	R	R	R	R	R	R
Combo Set						
Dead Lift + Bent-Over	Row					
w						
Circuit 1	Circuit 2	Circuit 3	Circuit 4	Circuit 5	Circuit 6	Circuit 7
R	R	R	R	R	R	R
Combo Set						
Skull Crusher + Press	s + Crunch					
w						
Circuit 1	Circuit 2	Circuit 3	Circuit 4	Circuit 5	Circuit 6	Circuit 7
R	R	R	R	R	R	R
Combo Set						
Curl + Military Press	+ EZ Squat					
w						
Circuit 1	Circuit 2	Circuit 3	Circuit 4	Circuit 5	Circuit 6	Circuit 7
R	R	R	R	R	R	R
Combo Set						
Delt Raise + Reverse	Lunge					
w						
Circuit 1	Circuit 2	Circuit 3	Circuit 4	Circuit 5	Circuit 6	Circuit 7
R	R	R	R	R	R	R

REAST			WOE	RKSHEET	• LUCKY 7	7
Date / Week						
Warm-Up						
Combo Set						
Lat Oblique Twist						
w						
Circuit 1	Circuit 2	Circuit 3	Circuit 4	Circuit 5	Circuit 6	Circuit 7
R	R	R	R	R	R	R
Combo Set						
Upright Row + Calf Ra	ise					
w						_
Circuit 1	Circuit 2	Circuit 3	Circuit 4	Circuit 5	Circuit 6	Circuit 7
R	R	R	R	R	R	R

Cool-Down

• EZ Curl Bar w/Weighted Plates (and Spring Collars) Or Weights

- Worksheet and Pen
- Water and Towel

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R = reps W = weight RT = right LT = left Sec = time C = completed

BEAST	,	WORKSHEET • TEMPO: BACK/BIS				
Date / Week						
Warm-Up						
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
Pull-Over	W	W	W			
	10 Reps					
Wide Plank In & Out	R					
Tempo-Single Set	10 Reps	10 Reps	8 Reps			
Pull-Up	R	R	R			
	10 Reps					
Hanging Circle	R					
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
Reverse Bent-Over Row	W	w	w			
	10 Reps					
Lat Oblique Twist	R					
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
Preacher Curl	RT: W	RT: W	RT: W			
	LT: W	LT: W	LT: W			
	10 Reps					
Hanging Curl	R					
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
All-Angle Bicep	W	w	w			
	30 Sec.					
Speed Mountain Climber	sec.					
Cool-Down				R = reps W = weight F	RT = right LT = left Sec	= time C = completed

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max * (and Sturdy Chair)
- Weights

- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Worksheet and Pen
- Water and Towel



^{*}Optional

BEAST		W	ORKSHEE	T • TEM	PO: CHES	T/TRIS
Date / Week						
Warm-Up						
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
Chest Press	W	W	W			
	10 Reps					
Figure 4 Crunch	RT: R					
	LT: R					
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
Incline Press	w	W	W			
	10 Reps					
Cricket Crunch	RT: R					
	LT: R					
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
Incline Fly	W	W	W			
	10 Reps					
Tempo Plank	R					
Tempo-Single Set	15 Reps	12 Reps	8 Reps			
Skull Crusher	w	W	W			
	10 Reps					
EZ Bar Crunch	R					
Tempo-Super Set	15 Reps	12 Reps	8 Reps			
Tricep Kickback	LT: W	LT: W	LT: W			
	RT: W	RT: W	RT: W			
Dips	R	R	R			
	10 Reps					
Plank Twist-Twist	R					
Cool-Down				R = reps W = weight R	T mimbe IT left Coo	tions Communicated

- Bench (or Stability Ball)
- Sturdy Chair

BODY

- Weights
 EZ Curl Bar w/Weighted Plates
 (and Spring Collars)
- Worksheet and Pen
- Water and Towel

