

Date / Week					
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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 _____ LT: W _____	RT: 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 _____ LT: W _____	RT: W _____ LT: W _____	
Calf Raise-Weight at Shoulder	W _____	W _____	
Side Forearm Plank	RT: R _____ LT: R _____	RT: R _____ LT: R _____	

Cool-Down	R = reps W = weight RT = right LT = left Sec = time C = completed		
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| Equipment <ul style="list-style-type: none"> • Bench (or Stability Ball) • Chin-Up Bar (or Bands With Door Attachment) • Chin-Up Max * (and Sturdy Chair) • Weights | <ul style="list-style-type: none"> • Worksheet and Pen • Water and Towel | Weight Suggestions:
30 lbs., 40 lbs., 50 lbs.
<small>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.</small> |
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Date / Week						
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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 _____ RT: W _____	LT: W _____ RT: W _____	LT: 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

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

- 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.

*Optional

Date / Week						
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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 _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	
Tricep Extension	R _____	R _____	R _____		
Super Set	60 Sec.				
Dips on Bench	R _____				
In and Outs	R _____				

Cool-Down

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.

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Date / Week						
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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 _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	

Giant Set	15 Reps	12 Reps	8 Reps	
Parallel Squat	W _____	W _____	W _____	
Bulgarian Squat	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	
Straight Leg Deadlift	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	

Giant Set	30 Sec.	30 Sec.	
Single Leg Calf Raise	LT: R _____ RT: R _____	LT: R _____ RT: R _____	
Seated Calf Raise	R _____	R _____	
In and Outs	R _____	R _____	

Cool-Down

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:

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.

Date / Week						
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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 _____			
Tuck & Roll	15 Reps	15 Reps			
	R _____	R _____			

Cool-Down

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

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|--|--|--|
| <p>Equipment</p> <ul style="list-style-type: none"> • Bench (or Stability Ball) • EZ Curl Bar w/Weighted Plates (and Spring Collars) • Weights | <ul style="list-style-type: none"> • Worksheet and Pen • Water and Towel | <p>Weight Suggestions:</p> <p>8 lbs., 15 lbs., 20 lbs.</p> <p>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.</p> |
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Date / Week						
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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 _____					

Cool-Down

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.

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Date / Week						
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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 _____ RT: W _____	W _____ W _____	W _____ W _____	W _____ W _____	W _____ W _____	
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
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

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
- 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.

*Optional

Date / Week						
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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 _____			
Cobra to Airplane	R _____					
Russian Twist		30 Sec.				
		R _____				

Cool-Down

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.

Date / Week						
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Warm-Up

Single Set	12 Reps	10 Reps	8 Reps			
Front to Back Lunge	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: 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 _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: 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

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

Equipment

- Bench*
- 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.

*Optional

Date / Week						
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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

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.

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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 + 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 _____

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 Raise

W _____

Circuit 1	Circuit 2	Circuit 3	Circuit 4	Circuit 5	Circuit 6	Circuit 7
R _____	R _____	R _____	R _____	R _____	R _____	R _____

Cool-Down

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

Equipment

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

Date / Week						
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Warm-Up

Tempo-Single Set Pull-Over W _____ 10 Repts Wide Plank In & Out R _____	15 Repts W _____ 10 Repts R _____	12 Repts W _____ 10 Repts R _____	8 Repts W _____ 8 Repts R _____ 8 Repts R _____	
Tempo-Single Set Pull-Up R _____ 10 Repts Hanging Circle R _____	10 Repts R _____ 10 Repts R _____	10 Repts R _____ 10 Repts R _____	8 Repts R _____ 8 Repts R _____	
Tempo-Single Set Reverse Bent-Over Row W _____ 10 Repts Lat Oblique Twist R _____	15 Repts W _____ 10 Repts R _____	12 Repts W _____ 10 Repts R _____	8 Repts W _____ 8 Repts R _____	
Tempo-Single Set Preacher Curl RT: W _____ LT: W _____ 10 Repts Hanging Curl R _____	15 Repts RT: W _____ LT: W _____ 10 Repts R _____	12 Repts RT: W _____ LT: W _____ 10 Repts R _____	8 Repts RT: W _____ LT: W _____ 8 Repts R _____	
Tempo-Single Set All-Angle Bicep W _____ 30 Sec. Speed Mountain Climber _____ sec.	15 Repts W _____ 30 Sec. _____ sec.	12 Repts W _____ 30 Sec. _____ sec.	8 Repts W _____ 30 Sec. _____ sec.	

Cool-Down

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

*Optional

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 RT = right LT = left Sec = time C = completed

- Equipment**
- Bench (or Stability Ball)
 - Worksheet and Pen
 - Sturdy Chair
 - Water and Towel
 - Weights
 - EZ Curl Bar w/Weighted Plates (and Spring Collars)