Total Beaxst Program

The program is divided into three difficulties - Base / Beast / Total Beast.
I recommend starting with Base because I was training for three years and at times this got pretty intense. In the beginning, Base might feel a little bit boring, but you just need to apply trough. The program starts good and gets better and better over time.

Then you will find two files: Exercise Guide and Regeneration Guide.
Here I uploaded all the videos that showcase how to perform the exercises. So first you look at the workout routine, find your day and your exercises, and then look them up in the exercise guide, where Jeff shows you how to perform those.

Have fun!