



WORKSHEET • BEAST: 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 _____

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

- 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

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WORKSHEET • BUILD: BACK/BIS

Date / Week

Warm-Up

Single Set

Deadlift

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Super Set

Dumbbell Pull-Over

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Pull-Up

10 Reps

R _____

10 Reps

R _____

10 Reps

R _____

Giant Set

EZ Bar Row

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

One-Arm Row

LT: W _____

RT: W _____

LT: W _____

RT: W _____

LT: W _____

RT: W _____

Reverse Fly

W _____

W _____

W _____

Single Set

Close-Grip Chin-Up

30 Sec.

R _____

30 Sec.

R _____

8 Sec.

R _____

Single Set

Seated Bicep Curl

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Single Set

1,1,2 Hammer Curl

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

Single Set

Neutral EZ Bar Curl

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Single Set

Airplane Cobra

30 Sec.

R _____

30 Sec.

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

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WORKSHEET • BUILD: CHEST/TRIS

Date / Week

Warm-Up

Single Set

Dumbbell Chest Press

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Super Set

Incline Dumbbell Fly

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Incline Dumbbell Press

W _____

W _____

W _____

W _____

Giant Set

Close Grip Press

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

Partial Chest Fly

W _____

W _____

W _____

Decline Push-Up

R _____

R _____

R _____

Single Set

Tricep Extension

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Super Set

Single Arm Kickback

15 Reps

LT: W _____

RT: W _____

12 Reps

LT: W _____

RT: W _____

8 Reps

LT: W _____

RT: W _____

8 Reps

LT: W _____

RT: W _____

Tricep Extension

R _____

R _____

R _____

Super Set

Dips on Bench

60 Sec.

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.

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.



WORKSHEET • BUILD: LEGS

Date / Week

Warm-Up

Single Set

Sumo Squat

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Super Set

Alternating Lunge

W _____

W _____

W _____

Step-Up to Reverse Lunge

RT: W _____

RT: W _____

RT: W _____

LT: W _____

LT: W _____

LT: W _____

Giant Set

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

Single Leg Calf Raise

LT: R _____

LT: R _____

RT: 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.



WORKSHEET • BUILD: SHOULDERS

Date / Week

Warm-Up

Single Set

Shoulder Press

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Super Set

Lateral Raise

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

Upright Row

W _____

W _____

W _____

W _____

Giant Set

EZ Bar Underhand Press

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

1,1,2 Front Raise

W _____

W _____

W _____

Rear Delt Raise

W _____

W _____

W _____

Super Set

Standing Dumbbell Shrug

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Dumbbell Scap Trap

W _____

W _____

W _____

Super Set

Sagi Six-Way

12 Reps

W _____

8 Reps

W _____

Tuck & Roll

15 Reps

R _____

15 Reps

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.



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 _____

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.

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.



WORKSHEET • BULK: BACK

Date / Week

Warm-Up

Super Set

Pull-Over

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Pull-Up

10 Reps

R _____

10 Reps

R _____

10 Reps

R _____

Progressive Set

Reverse Grip Row

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

12 Reps

W _____

15 Reps

W _____

Force Set

One-Arm Row

5 Reps

LT: W _____

RT: W _____

5 Reps

W _____

W _____

5 Reps

W _____

W _____

5 Reps

W _____

W _____

5 Reps

W _____

W _____

Single Set

Deadlift

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Super Set

Reverse Fly

15 Reps

W _____

12 Reps

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.

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*Optional

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WORKSHEET • BULK: CHEST

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 _____

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.



WORKSHEET • BULK: LEGS

Date / Week

Warm-Up

Single Set

Front to Back Lunge

12 Reps

RT: W _____

LT: W _____

10 Reps

RT: W _____

LT: W _____

8 Reps

RT: W _____

LT: W _____

Progressive Set

Squat

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

12 Reps

W _____

15 Reps

W _____

Force Set

Full to 1/2 Sumo Squat

5 Reps

W _____

5 Reps

W _____

5 Reps

W _____

5 Reps

W _____

5 Reps

W _____

Progressive Set

Split Squat w/ EZ Bar

15 Reps

RT: W _____

LT: W _____

12 Reps

RT: W _____

LT: W _____

8 Reps

RT: W _____

LT: W _____

8 Reps

RT: W _____

LT: W _____

12 Reps

RT: W _____

LT: W _____

15 Reps

RT: W _____

LT: W _____

Super Set

Stiff Leg Deadlift

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

W _____

Alt. Side Squat

10 Reps

W _____

10 Reps

W _____

10 Reps

W _____

Super Set

Calf Raise

50 Reps

W _____

50 Reps

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

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WORKSHEET • BULK: SHOULDERS

Date / Week

Warm-Up

Super Set

Lateral Raise

W _____

12 Reps

W _____

8 Reps

W _____

8 Reps

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.

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.



WORKSHEET • LUCKY 7

Date / Week

Warm-Up

Combo Set

EZ Push-Up + Clean + Squat

W _____

Circuit 1

R _____

Circuit 2

R _____

Circuit 3

R _____

Circuit 4

R _____

Circuit 5

R _____

Circuit 6

R _____

Circuit 7

R _____

Combo Set

Dead Lift + Bent-Over Row

W _____

Circuit 1

R _____

Circuit 2

R _____

Circuit 3

R _____

Circuit 4

R _____

Circuit 5

R _____

Circuit 6

R _____

Circuit 7

R _____

Combo Set

Skull Crusher + Press + Crunch

W _____

Circuit 1

R _____

Circuit 2

R _____

Circuit 3

R _____

Circuit 4

R _____

Circuit 5

R _____

Circuit 6

R _____

Circuit 7

R _____

Combo Set

Curl + Military Press + EZ Squat

W _____

Circuit 1

R _____

Circuit 2

R _____

Circuit 3

R _____

Circuit 4

R _____

Circuit 5

R _____

Circuit 6

R _____

Circuit 7

R _____

Combo Set

Delt Raise + Reverse Lunge

W _____

Circuit 1

R _____

Circuit 2

R _____

Circuit 3

R _____

Circuit 4

R _____

Circuit 5

R _____

Circuit 6

R _____

Circuit 7

R _____



WORKSHEET • LUCKY 7

Date / Week

Warm-Up

Combo Set

Lat Oblique Twist

W _____

Circuit 1

R _____

Circuit 2

R _____

Circuit 3

R _____

Circuit 4

R _____

Circuit 5

R _____

Circuit 6

R _____

Circuit 7

R _____

Combo Set

Upright Row + Calf Raise

W _____

Circuit 1

R _____

Circuit 2

R _____

Circuit 3

R _____

Circuit 4

R _____

Circuit 5

R _____

Circuit 6

R _____

Circuit 7

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



WORKSHEET • TEMPO: BACK/BIS

Date / Week

Warm-Up

Tempo-Single Set

Pull-Over

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

Wide Plank In & Out

10 Reps

R _____

Tempo-Single Set

Pull-Up

10 Reps

R _____

10 Reps

R _____

8 Reps

R _____

Hanging Circle

10 Reps

R _____

Tempo-Single Set

Reverse Bent-Over Row

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

Lat Oblique Twist

10 Reps

R _____

Tempo-Single Set

Preacher Curl

15 Reps

RT: W _____

LT: W _____

12 Reps

RT: W _____

LT: W _____

8 Reps

RT: W _____

LT: W _____

Hanging Curl

10 Reps

R _____

Tempo-Single Set

All-Angle Bicep

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

Speed Mountain Climber

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

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WORKSHEET • TEMPO: CHEST/TRIS

Date / Week

Warm-Up

Tempo-Single Set

Chest Press

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

Figure 4 Crunch

10 Reps

RT: R _____

LT: R _____

Tempo-Single Set

Incline Press

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

Cricket Crunch

10 Reps

RT: R _____

LT: R _____

Tempo-Single Set

Incline Fly

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

Tempo Plank

10 Reps

R _____

Tempo-Single Set

Skull Crusher

15 Reps

W _____

12 Reps

W _____

8 Reps

W _____

EZ Bar Crunch

10 Reps

R _____

Tempo-Super Set

Tricep Kickback

15 Reps

LT: W _____

12 Reps

LT: W _____

8 Reps

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)
- Sturdy Chair
- Weights
- EZ Curl Bar w/Weighted Plates (and Spring Collars)

- Worksheet and Pen
- Water and Towel

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