



Build Back/Bi's

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Deadlift

Single Set	15 reps	_____	_____	_____	_____	_____	_____
	12 reps	_____	_____	_____	_____	_____	_____
	8 reps	_____	_____	_____	_____	_____	_____
	8 reps Drop Set	_____	_____	_____	_____	_____	_____

Pull Over with Pull Up

15 reps	Pull Over	_____	_____	_____	_____	_____	_____
10 reps	Pull Up	_____	_____	_____	_____	_____	_____
12 reps	Pull Over	_____	_____	_____	_____	_____	_____
10 reps	Pull Up	_____	_____	_____	_____	_____	_____
8 reps	Pull Over	_____	_____	_____	_____	_____	_____
8 reps	Pull Over - Drop Set	_____	_____	_____	_____	_____	_____
10 reps	Pull Up	_____	_____	_____	_____	_____	_____

Giant Set

15 reps	EZ Bar Row	_____	_____	_____	_____	_____	_____
	One-Arm Row	____/____	____/____	____/____	____/____	____/____	____/____
	Reverse Fly	_____	_____	_____	_____	_____	_____
12 reps	EZ Bar Row	_____	_____	_____	_____	_____	_____
	One-Arm Row	____/____	____/____	____/____	____/____	____/____	____/____
	Reverse Fly	_____	_____	_____	_____	_____	_____
8 reps	EZ Bar Row	_____	_____	_____	_____	_____	_____
	One-Arm Row	____/____	____/____	____/____	____/____	____/____	____/____
	Reverse Fly	_____	_____	_____	_____	_____	_____

Close Grip Chin-Up

Single Set	30 Seconds	_____	_____	_____	_____	_____	_____
	30 Seconds	_____	_____	_____	_____	_____	_____
	30 Seconds	_____	_____	_____	_____	_____	_____

Seated Bicep Curl

Single Set	15 reps	_____	_____	_____	_____	_____	_____
	12 reps	_____	_____	_____	_____	_____	_____
	8 reps	_____	_____	_____	_____	_____	_____
	8 reps Drop Set	_____	_____	_____	_____	_____	_____

1,1,2 Hammer Curl

Single Set	15 reps	_____	_____	_____	_____	_____	_____
	12 reps	_____	_____	_____	_____	_____	_____
	8 reps	_____	_____	_____	_____	_____	_____

Neutral EZ Bar Curl

Single Set	15 reps	_____	_____	_____	_____	_____	_____
	12 reps	_____	_____	_____	_____	_____	_____
	8 reps	_____	_____	_____	_____	_____	_____
	8 reps Drop Set	_____	_____	_____	_____	_____	_____

Airplane Cobra

Single Set	30 Seconds	_____	_____	_____	_____	_____	_____
	30 Seconds	_____	_____	_____	_____	_____	_____

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Build Chest/Tri's

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Dumbbell Chest Press

Single Set	15 reps	_____	_____	_____	_____	_____	_____
	12 reps	_____	_____	_____	_____	_____	_____
	8 reps	_____	_____	_____	_____	_____	_____
	8 reps Drop Set	_____	_____	_____	_____	_____	_____

Incline Super Set

15 reps	Incline Dumbbell Fly	_____	_____	_____	_____	_____	_____
	Incline Dumbbell Press	_____	_____	_____	_____	_____	_____
12 reps	Incline Dumbbell Fly	_____	_____	_____	_____	_____	_____
	Incline Dumbbell Press	_____	_____	_____	_____	_____	_____
8 reps	Incline Dumbbell Fly	_____	_____	_____	_____	_____	_____
	Incline Dumbbell Press	_____	_____	_____	_____	_____	_____
8 reps DS	Incline Dumbbell Press	_____	_____	_____	_____	_____	_____

Giant Set

15 reps	Close Grip Press	_____	_____	_____	_____	_____	_____
	Partial Chest Fly	_____	_____	_____	_____	_____	_____
	Decline Push Up	r_____	r_____	r_____	r_____	r_____	r_____
12 reps	Close Grip Press	_____	_____	_____	_____	_____	_____
	Partial Chest Fly	_____	_____	_____	_____	_____	_____
	Decline Push Up	r_____	r_____	r_____	r_____	r_____	r_____
8 reps	Close Grip Press	_____	_____	_____	_____	_____	_____
	Partial Chest Fly	_____	_____	_____	_____	_____	_____
	Decline Push Up	r_____	r_____	r_____	r_____	r_____	r_____

Tricep Extension

Single Set	15 reps	_____	_____	_____	_____	_____	_____
	12 reps	_____	_____	_____	_____	_____	_____
	8 reps	_____	_____	_____	_____	_____	_____
	8 reps Drop Set	_____	_____	_____	_____	_____	_____

Tricep Super Set

15 reps	Single Arm Kickback	_____	_____	_____	_____	_____	_____
	Tricep Push Up	r_____	r_____	r_____	r_____	r_____	r_____
12 reps	Single Arm Kickback	_____	_____	_____	_____	_____	_____
	Tricep Push Up	r_____	r_____	r_____	r_____	r_____	r_____
8 reps	Single Arm Kickback	_____	_____	_____	_____	_____	_____
	Tricep Push Up	r_____	r_____	r_____	r_____	r_____	r_____
8 reps DS	Single Arm Kickback	_____	_____	_____	_____	_____	_____

Final Super Set

60 Sec.	Dips	_____	_____	_____	_____	_____	_____
	In and Outs	_____	_____	_____	_____	_____	_____

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Build Legs

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Sumo Squat

Single Set	15 reps	_____	_____	_____	_____	_____	_____
	12 reps	_____	_____	_____	_____	_____	_____
	8 reps	_____	_____	_____	_____	_____	_____
	8 reps Drop Set	_____	_____	_____	_____	_____	_____

Lunge Superset

15 reps	Alternating Lunges	_____	_____	_____	_____	_____	_____
	Step-Up to Reverse	____/____	____/____	____/____	____/____	____/____	____/____
12 reps	Alternating Lunges	_____	_____	_____	_____	_____	_____
	Step-Up to Reverse	____/____	____/____	____/____	____/____	____/____	____/____
8 reps	Alternating Lunges	_____	_____	_____	_____	_____	_____
	Step-Up to Reverse	____/____	____/____	____/____	____/____	____/____	____/____

Squat Giant Set

15 reps	Parallel Squat	_____	_____	_____	_____	_____	_____
	Bulgarian Squat	_____	_____	_____	_____	_____	_____
	Straight Leg Deadlift	_____	_____	_____	_____	_____	_____
12 reps	Parallel Squat	_____	_____	_____	_____	_____	_____
	Bulgarian Squat	_____	_____	_____	_____	_____	_____
	Straight Leg Deadlift	_____	_____	_____	_____	_____	_____
8 reps	Parallel Squat	_____	_____	_____	_____	_____	_____
	Bulgarian Squat	_____	_____	_____	_____	_____	_____
	Straight Leg Deadlift	_____	_____	_____	_____	_____	_____

Squat Giant Set

30 sec	Single Leg Calf Raise	_____	_____	_____	_____	_____	_____
	Seated Calf Raise	_____	_____	_____	_____	_____	_____
	In and Outs	_____	_____	_____	_____	_____	_____
30 sec	Single Leg Calf Raise	_____	_____	_____	_____	_____	_____
	Seated Calf Raise	_____	_____	_____	_____	_____	_____
	In and Outs	_____	_____	_____	_____	_____	_____

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Build Shoulders

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Shoulder Press

Single Set	15 reps	_____	_____	_____	_____	_____	_____
	12 reps	_____	_____	_____	_____	_____	_____
	8 reps	_____	_____	_____	_____	_____	_____
	8 reps Drop Set	_____	_____	_____	_____	_____	_____

Raise and Row Super Set

15 reps	Lateral Raise	_____	_____	_____	_____	_____	_____
	Upright Row	_____	_____	_____	_____	_____	_____
12 reps	Lateral Raise	_____	_____	_____	_____	_____	_____
	Upright Row	_____	_____	_____	_____	_____	_____
8 reps	Lateral Raise	_____	_____	_____	_____	_____	_____
	Upright Row	_____	_____	_____	_____	_____	_____
8 reps DS	Upright Row	_____	_____	_____	_____	_____	_____

Press and Raise Giant Set

15 reps	EZ Bar Underhand	_____	_____	_____	_____	_____	_____
	1,1,2 Front Raise	_____	_____	_____	_____	_____	_____
	Rear Delt Raise	_____	_____	_____	_____	_____	_____
12 reps	EZ Bar Underhand	_____	_____	_____	_____	_____	_____
	1,1,2 Front Raise	_____	_____	_____	_____	_____	_____
	Rear Delt Raise	_____	_____	_____	_____	_____	_____
8 reps	EZ Bar Underhand	_____	_____	_____	_____	_____	_____
	1,1,2 Front Raise	_____	_____	_____	_____	_____	_____
	Rear Delt Raise	_____	_____	_____	_____	_____	_____

Shrug Super Set

15 reps	Standing Shrug	_____	_____	_____	_____	_____	_____
	Scap Trap	_____	_____	_____	_____	_____	_____
12 reps	Standing Shrug	_____	_____	_____	_____	_____	_____
	Scap Trap	_____	_____	_____	_____	_____	_____
8 reps	Standing Shrug	_____	_____	_____	_____	_____	_____
	Scap Trap	_____	_____	_____	_____	_____	_____
8 reps DS	Standing Shrug	_____	_____	_____	_____	_____	_____

Shrug Super Set

12 Reps	Sagi Six Way	_____	_____	_____	_____	_____	_____
15 Reps	Tuck and Roll	r_____	r_____	r_____	r_____	r_____	r_____
8 reps	Sagi Six Way	_____	_____	_____	_____	_____	_____
15 reps	Tuck and Roll	r_____	r_____	r_____	r_____	r_____	r_____

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Bulk Shoulders

Week 1 Week 2 Week 3 Week 4 Week 5 Week 6

Super Set Lateral Raise with Arnold Press

15 reps	Lateral Raise	_____	_____	_____	_____	_____	_____
	Arnold Press	_____	_____	_____	_____	_____	_____
12 reps	Lateral Raise	_____	_____	_____	_____	_____	_____
	Arnold Press	_____	_____	_____	_____	_____	_____
8 reps	Lateral Raise	_____	_____	_____	_____	_____	_____
	Arnold Press	_____	_____	_____	_____	_____	_____
8 reps	Arnold Press Drop Set	_____	_____	_____	_____	_____	_____

Upright Row Progressive Set

15 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
8 reps	_____	_____	_____	_____	_____	_____
break	1:00	1:00	1:00	1:00	1:00	1:00
8 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
15 reps	_____	_____	_____	_____	_____	_____

Super Set Alt Front Raise with Plate Twist-Twist

15 reps	Alt Front Raise	_____	_____	_____	_____	_____	_____
10 reps	Plate Twist-Twist	_____	_____	_____	_____	_____	_____
12 reps	Alt Front Raise	_____	_____	_____	_____	_____	_____
10 reps	Plate Twist-Twist	_____	_____	_____	_____	_____	_____
8 reps	Alt Front Raise	_____	_____	_____	_____	_____	_____
10 reps	Plate Twist-Twist	_____	_____	_____	_____	_____	_____

Reverse Fly Progressive Set

15 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
8 reps	_____	_____	_____	_____	_____	_____
break	1:00	1:00	1:00	1:00	1:00	1:00
8 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
15 reps	_____	_____	_____	_____	_____	_____

Super Set - Superman Stretch with Plank Twist Twist

10 reps	Superman Stretch	_____	_____	_____	_____	_____	_____
30 sec.	Plank Twist-Twist	_____	_____	_____	_____	_____	_____
10 reps	Superman Stretch	_____	_____	_____	_____	_____	_____
30 sec.	Plank Twist-Twist	_____	_____	_____	_____	_____	_____



BULK Chest

Week 1 Week 2 Week 3 Week 4 Week 5 Week 6

Super Set Incline Fly with Incline Press

15 reps	Incline Fly						
	Incline Press						
12 reps	Incline Fly						
	Incline Press						
8 reps	Incline Fly						
	Incline Press						
8 reps	Incline Press Drop Set						

Chest Press With Rotation Force Set

FORCE SET	5 reps						
	5 reps						
	5 reps						
	5 reps						
	5 reps						

Incline Press

PROGRESSIVE SET	15 reps						
	12 reps						
	8 reps						
	break	1:00	1:00	1:00	1:00	1:00	1:00
	8 reps						
	12 reps						
15 reps							

Close Grip Press to Fly

COMB O SET	15 reps						
	12 reps						
	8 reps						

Multi Set

15	Decline Push Ups						
10	Cobra to Airplane						
12	Decline Push Ups						
30 sec	Russian Twist						
8	Decline Push Ups						



BULK Back

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Pull Over with Pull Up

15 reps	Pull Over	_____	_____	_____	_____	_____	_____
10 reps	Pull Up	_____	_____	_____	_____	_____	_____
12 reps	Pull Over	_____	_____	_____	_____	_____	_____
10 reps	Pull Up	_____	_____	_____	_____	_____	_____
8 reps	Pull Over	_____	_____	_____	_____	_____	_____
8 reps	Pull Over Drop Set	_____	_____	_____	_____	_____	_____
10 reps	Pull UP	_____	_____	_____	_____	_____	_____

Reverse Grip Row

PROGRESSIVE SET

15 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
8 reps	_____	_____	_____	_____	_____	_____
break	1:00	1:00	1:00	1:00	1:00	1:00
8 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
15 reps	_____	_____	_____	_____	_____	_____

One Arm Row

FORCE SET

5 reps	___/___	___/___	___/___	___/___	___/___	___/___
5 reps	___/___	___/___	___/___	___/___	___/___	___/___
5 reps	___/___	___/___	___/___	___/___	___/___	___/___
5 reps	___/___	___/___	___/___	___/___	___/___	___/___
5 reps	___/___	___/___	___/___	___/___	___/___	___/___

Deadlift

Single Set

15 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
8 reps	_____	_____	_____	_____	_____	_____
8 reps Drop Set	_____	_____	_____	_____	_____	_____

Super Set

15	Reverse Fly	_____	_____	_____	_____	_____
30 sec	Plank Rotation	_____	_____	_____	_____	_____
12	Reverse Fly	_____	_____	_____	_____	_____
30 sec	Plank Rotation	_____	_____	_____	_____	_____



BULK Arms

Week 1 Week 2 Week 3 Week 4 Week 5 Week 6

Standing Curl

15 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
8 reps	_____	_____	_____	_____	_____	_____
break	1:00	1:00	1:00	1:00	1:00	1:00
8 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
15 reps	_____	_____	_____	_____	_____	_____

Tricep Extension

15 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
8 reps	_____	_____	_____	_____	_____	_____
8 reps Drop Set	_____	_____	_____	_____	_____	_____

Wide EZ Bar Curl

5 reps	_____	_____	_____	_____	_____	_____
5 reps	_____	_____	_____	_____	_____	_____
5 reps	_____	_____	_____	_____	_____	_____
5 reps	_____	_____	_____	_____	_____	_____
5 reps	_____	_____	_____	_____	_____	_____

Skull Crusher

15 reps	_____	_____	_____	_____	_____	_____
12 reps	_____	_____	_____	_____	_____	_____
8 reps	_____	_____	_____	_____	_____	_____
8 reps Drop Set	_____	_____	_____	_____	_____	_____

Hammer Curl

15 reps	___/___	___/___	___/___	___/___	___/___	___/___
12 reps	___/___	___/___	___/___	___/___	___/___	___/___
8 reps	___/___	___/___	___/___	___/___	___/___	___/___
break	1:00	1:00	1:00	1:00	1:00	1:00
8 reps	___/___	___/___	___/___	___/___	___/___	___/___
12 reps	___/___	___/___	___/___	___/___	___/___	___/___
15 reps	___/___	___/___	___/___	___/___	___/___	___/___

Tricep Kickbacks

15 reps	___/___	___/___	___/___	___/___	___/___	___/___
12 reps	___/___	___/___	___/___	___/___	___/___	___/___
8 reps	___/___	___/___	___/___	___/___	___/___	___/___
break	1:00	1:00	1:00	1:00	1:00	1:00
8 reps	___/___	___/___	___/___	___/___	___/___	___/___
12 reps	___/___	___/___	___/___	___/___	___/___	___/___
15 reps	___/___	___/___	___/___	___/___	___/___	___/___

Weighted Crunch

30 Reps Reps _____ Weight _____



BULK Legs

Week 1 Week 2 Week 3 Week 4 Week 5 Week 6

		Front to Back Lunge					
SINGLE SET	12 reps	___/___	___/___	___/___	___/___	___/___	___/___
	10 reps	___/___	___/___	___/___	___/___	___/___	___/___
	8 reps	___/___	___/___	___/___	___/___	___/___	___/___
		Squat					
PROGRESSIVE SET	15 reps	_____	_____	_____	_____	_____	_____
	12 reps	_____	_____	_____	_____	_____	_____
	8 reps	_____	_____	_____	_____	_____	_____
	break	1:00	1:00	1:00	1:00	1:00	1:00
	8 reps	_____	_____	_____	_____	_____	_____
	15 reps	_____	_____	_____	_____	_____	_____
		Full to 1/2 Sumo Squat					
FORCE SET	5 reps	___/___	___/___	___/___	___/___	___/___	___/___
	5 reps	___/___	___/___	___/___	___/___	___/___	___/___
	5 reps	___/___	___/___	___/___	___/___	___/___	___/___
	5 reps	___/___	___/___	___/___	___/___	___/___	___/___
	5 reps	___/___	___/___	___/___	___/___	___/___	___/___
		Split Squat with EZ Bar					
PROGRESSIVE SET	15 reps	___/___	___/___	___/___	___/___	___/___	___/___
	12 reps	___/___	___/___	___/___	___/___	___/___	___/___
	8 reps	___/___	___/___	___/___	___/___	___/___	___/___
	break	1:00	1:00	1:00	1:00	1:00	1:00
	8 reps	___/___	___/___	___/___	___/___	___/___	___/___
	15 reps	___/___	___/___	___/___	___/___	___/___	___/___
		Stiff Leg Deadlift / Alt Sid Squat					
15 reps	Stiff Leg Deadlift	_____	_____	_____	_____	_____	_____
10 reps	Alt. Side Squat	_____	_____	_____	_____	_____	_____
12 reps	Stiff Leg Deadlift	_____	_____	_____	_____	_____	_____
10 reps	Alt. Side Squat	_____	_____	_____	_____	_____	_____
8 reps	Stiff Leg Deadlift	_____	_____	_____	_____	_____	_____
8 reps	Stiff Leg Deadlift	_____	_____	_____	_____	_____	_____
10 reps	Alt. Side Squat	_____	_____	_____	_____	_____	_____
		Calf Raise / Beast Abs					
50 reps	Calf Raise	_____	_____	_____	_____	_____	_____
30 sec.	Beast Abs	_____	_____	_____	_____	_____	_____
50 reps	Calf Raise	_____	_____	_____	_____	_____	_____
30 sec.	Beast Abs	_____	_____	_____	_____	_____	_____

3200 Calorie Diet Sheet. Week Of: _____ Name: _____

DATE:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Starches																
Legumes or Protein Liquids																
Vegetables or Balanced Liquids																
Fruits or Carb Liquids																
Proteins																
Fats																
Hardcore Base Shake																
Fuel Shot																
DATE:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Starches																
Legumes or Protein Liquids																
Vegetables or Balanced Liquids																
Fruits or Carb Liquids																
Proteins																
Fats																
Hardcore Base Shake																
Fuel Shot																
DATE:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Starches																
Legumes or Protein Liquids																
Vegetables or Balanced Liquids																
Fruits or Carb Liquids																
Proteins																
Fats																
Hardcore Base Shake																
Fuel Shot																
DATE:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Starches																
Legumes or Protein Liquids																
Vegetables or Balanced Liquids																
Fruits or Carb Liquids																
Proteins																
Fats																
Hardcore Base Shake																
Fuel Shot																
DATE:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Starches																
Legumes or Protein Liquids																
Vegetables or Balanced Liquids																
Fruits or Carb Liquids																
Proteins																
Fats																
Hardcore Base Shake																
Fuel Shot																

Refer to the Book of Beast for the size of each portion. This chart is for 3200 calories, less calories just block out some of the boxes.