BODY BEAST Worksheet - Build: Chest/Tris

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	Date / Week						
Single Set	Dumbbell Chest Press - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Dumbbell Chest Press - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Dumbbell Chest Press - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Dumbbell Chest Press - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Super Set	Incline Dumbbell Fly - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Incline Dumbbell Press - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Incline Dumbbell Fly - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Incline Dumbbell Press - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Incline Dumbbell Fly - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Incline Dumbbell Press - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Incline Dumbbell Press - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Giant Set	Close Grip Press - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Partial Chest Fly - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Decline Pushup - 15 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Close Grip Press - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Partial Chest Fly - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Decline Pushup - 12 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Close Grip Press - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Partial Chest Fly - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Decline Pushup - 8 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
Single Set	Tricep Extnesion - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Tricep Extnesion - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Tricep Extnesion - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Tricep Extnesion - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Super Set	Single Arm Kickback - 15 Reps	L:____R :____	L:____R :____	L:____R :____	L:____R :____	L:____R :____	L:____R :____
	Tricep Pushup - 15 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Single Arm Kickback - 12 Reps	L:____R :____	L:____R :____	L:____R :____	L:____R :____	L:____R :____	L:____R :____
	Tricep Pushup - 12 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Single Arm Kickback - 8 Reps	L:____R :____	L:____R :____	L:____R :____	L:____R :____	L:____R :____	L:____R :____
	Single Arm Kickback - 8 Reps - Drop	L:____R :____	L:____R :____	L:____R :____	L:____R :____	L:____R :____	L:____R :____
	Tricep Pushup - 8 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
Super Set	Dips On Bench - 60 seconds	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	In and Outs - 60 seconds	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____

BODY BEAST Worksheet - Build: Legs

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	Date / Week						
Single Set	Sumo Squat - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Sumo Squat - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Sumo Squat - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Sumo Squat - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Super Set	Alternating Lunge - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Step Up To Reverse Lunge - 15 Reps	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____
	Alternating Lunge - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Step Up To Reverse Lunge - 12 Reps	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____
	Alternating Lunge - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Step Up To Reverse Lunge - 8 Reps	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____
Giant Set	Parallel Squat - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Bulgarian Squat - 15 Reps	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____
	Straight Leg Deadlift - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Parallel Squat - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Bulgarian Squat - 12 Reps	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____
	Straight Leg Deadlift - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Parallel Squat - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Bulgarian Squat - 8 Reps	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____	LW:____ RW :____
	Straight Leg Deadlift - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Giant Set	Toes Straight Calf Raise - 30 Reps	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____
	Toes In Calf Raise - 30 Reps	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____
	Toes Out - 30 Reps	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____
	In and Outs - 30 Sec.	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____

*Notes: The last Giant Set with calf exercises has been modified to match the calf raise set from P90x

BODY BEAST Worksheet - Build: Back/Bis

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	Date / Week						
Single Set	Deadlift - 15 Reps	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	Deadlift - 12 Reps	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	Deadlift - 8 Reps	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	Deadlift - 8 Reps - Drop	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
Super Set	Dumbbell Pull-Over - 15 Reps	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	Pull-Up - 10 Reps	R:	R:	R:	R:	R:	R:
	Dumbbell Pull-Over - 12 Reps	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	Pull-Up - 10 Reps	R:	R:	R:	R:	R:	R:
	Dumbbell Pull-Over - 8 Reps	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	Dumbbell Pull-Over - 8 Reps - Drop	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	Pull-Up - 10 Reps	R:	R:	R:	R:	R:	R:
Giant Set	EZ Bar Row - 15 Reps	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	One Arm Row - 15 Reps	L: R :	L: R :	L: R :	L: R :	L: R :	L: R :
	Reverse Fly - 15 Reps	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	EZ Bar Row - 12 Reps	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	One Arm Row - 12 Reps	L: R :	L: R :	L: R :	L: R :	L: R :	L: R :
	Reverse Fly - 12 Reps	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	EZ Bar Row - 8 Reps	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	One Arm Row - 8 Reps	L: R :	L: R :	L: R :	L: R :	L: R :	L: R :
	Reverse Fly - 8 Reps	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
Single Set	Closed Grip Chin-Up - 30 Sec.	R:	R:	R:	R:	R:	R:
	Closed Grip Chin-Up - 30 Sec.	R:	R:	R:	R:	R:	R:
	Closed Grip Chin-Up - 30 Sec.	R:	R:	R:	R:	R:	R:
Single Set	Seated Bicep Curl - 15 Reps.	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	Seated Bicep Curl - 12 Reps.	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	Seated Bicep Curl - 8 Reps.	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	Seated Bicep Curl - 8 Reps - Drop	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
Single Set	1,1,2, Hammer Curl - 15 Reps.	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	1,1,2, Hammer Curl - 12 Reps.	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	1,1,2, Hammer Curl - 8 Reps.	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
Single Set	Neutral EZ Bar Curl - 15 Reps	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	Neutral EZ Bar Curl - 12 Reps	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	Neutral EZ Bar Curl - 8 Reps	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	Neutral EZ Bar Curl - 8 Reps - Drop	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
Single Set	Airplane Cobra - 30 Sec.	R:	R:	R:	R:	R:	R:
	Airplane Cobra - 30 Sec.	R:	R:	R:	R:	R:	R:

BODY BEAST Worksheet - Build: Shoulders

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	Date / Week						
Single Set	Shoulder Press - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Shoulder Press - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Shoulder Press - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Shoulder Press - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Super Set	Lateral Raise - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Upright Row - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Lateral Raise - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Upright Row - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Lateral Raise - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Upright Row - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Giant Set	EZ Bar Underhand Press - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	1,2,3 Front Raise - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Rear Delt Raise - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	EZ Bar Underhand Press - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	1,2,3 Front Raise - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Rear Delt Raise - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	EZ Bar Underhand Press - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	1,2,3 Front Raise - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Rear Delt Raise - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Super Set	Dumbbell Shrug - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Dubbell Scap Trap - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Dumbbell Shrug - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Dubbell Scap Trap - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Dumbbell Shrug - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Dumbbell Shrug - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Dubbell Scap Trap - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Super Set	Sagi Six-Way - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Tuck and Roll - 15 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Sagi Six-Way - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Tuck and Roll - 15 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____

Worksheet - Bulk: Chest

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	Date / Week						
Super Set	Incline Fly - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Incline Press - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Incline Fly - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Incline Press - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Incline Fly - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Incline Press - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Incline Press - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Force Set	Chest Press With Rotation - 5 Reps	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Chest Press With Rotation - 5 Reps	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Chest Press With Rotation - 5 Reps	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Chest Press With Rotation - 5 Reps	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Chest Press With Rotation - 5 Reps	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
Progressive Set	Incline Press - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Incline Press - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Incline Press - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Incline Press - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Incline Press - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Incline Press - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
Combo Set	Close-Grip Press to Fly - 15 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Close-Grip Press to Fly - 12 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Close-Grip Press to Fly - 8 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
Muli Set	Decline Push-Up - 15 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Cobra To Air Plane - 10 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Decline Push-Up - 12 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Russian Twist - 30 Sec	R:_____ W:_____	R:_____ W:_____	R:_____ W:_____	R:_____ W:_____	R:_____ W:_____	R:_____ W:_____
	Decline Push-Up - 8 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____

BODY BEAST Worksheet - Bulk: Back

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	Date / Week						
Super Set	Pull Over - 15 Reps	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	Pull-Up - 10 Reps	R:	R:	R:	R:	R:	R:
	Pull Over- 12 Reps	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	Pull-Up - 10 Reps	R:	R:	R:	R:	R:	R:
	Pull Over- 8 Reps	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	Pull Over- 8 Reps - Drop	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	Pull-Up - 10 Reps	R:	R:	R:	R:	R:	R:
Progressive Set	Reverse Grip Row - 15 Reps	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	Reverse Grip Row - 12 Reps	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	Reverse Grip Row - 8 Reps	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	Reverse Grip Row - 8 Reps	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	Reverse Grip Row - 12 Reps	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	Reverse Grip Row - 15 Reps	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
Force Set	One-Arm Row - 5 Reps	WR: WL:	WR: WL:	WR: WL:	WR: WL:	WR: WL:	WR: WL:
	One-Arm Row - 5 Reps	WR: WL:	WR: WL:	WR: WL:	WR: WL:	WR: WL:	WR: WL:
	One-Arm Row - 5 Reps	WR: WL:	WR: WL:	WR: WL:	WR: WL:	WR: WL:	WR: WL:
	One-Arm Row - 5 Reps	WR: WL:	WR: WL:	WR: WL:	WR: WL:	WR: WL:	WR: WL:
	One-Arm Row - 5 Reps	WR: WL:	WR: WL:	WR: WL:	WR: WL:	WR: WL:	WR: WL:
Single Set	Deadlift - 15 Reps	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	Deadlift - 12 Reps	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	Deadlift - 8 Reps	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
	Deadlift - 8 Reps - Drop	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:	R: 8 W:
Super Set	Reverse Fly - 15 Reps	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:	R: 15 W:
	Plank Rotation - 30 Sec.	R:	R:	R:	R:	R:	R:
	Reverse Fly - 12 Reps	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:	R: 12 W:
	Plank Rotation - 30 Sec.	R:	R:	R:	R:	R:	R:

BODY BEAST Worksheet - Bulk: Legs

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	Date / Week						
Super Set	Front to Back Lunge - 12 Reps	WR:____WL:____	WR:____WL:____	WR:____WL:____	WR:____WL:____	WR:____WL:____	WR:____WL:____
	Front to Back Lunge - 10- Reps	WR:____WL:____	WR:____WL:____	WR:____WL:____	WR:____WL:____	WR:____WL:____	WR:____WL:____
	Front to Back Lunge - 8 Reps	WR:____WL:____	WR:____WL:____	WR:____WL:____	WR:____WL:____	WR:____WL:____	WR:____WL:____
Progressive Set	Squat - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Squat - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Squat - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Squat - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Squat - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Squat - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
Force Set	Full to 1/2 Sumo Squat	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Full to 1/2 Sumo Squat	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Full to 1/2 Sumo Squat	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Full to 1/2 Sumo Squat	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Full to 1/2 Sumo Squat	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
Progressive Set	Split Squat - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Split Squat - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Split Squat - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Split Squat - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Split Squat - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Split Squat - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
Super Set	Stiff Leg Dead Lift - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Alt Side Squat - 10 Reps	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____
	Stiff Leg Dead Lift - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Alt Side Squat - 10 Reps	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____
	Stiff Leg Dead Lift - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Stiff Leg Dead Lift - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Alt Side Squat - 10 Reps	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____
Super Set	Calf Raise - 50 Reps	R: 50 W:____	R: 50 W:____	R: 50 W:____	R: 50 W:____	R: 50 W:____	R: 50 W:____
	Beast Abs - 30 Sec.	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Calf Raise - 50 Reps	R: 50 W:____	R: 50 W:____	R: 50 W:____	R: 50 W:____	R: 50 W:____	R: 50 W:____
	Beast Abs - 30 Sec.	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____

BODY BEAST Worksheet - Bulk: Shoulders

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	Date / Week						
Super Set	Lateral Raise - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Arnold Press - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Lateral Raise - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Arnold Press - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Lateral Raise - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Arnold Press - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Arnold Press - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Progressive Set	Upright Row - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Upright Row - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Upright Row - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Upright Row - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Upright Row - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Upright Row - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
Super Set	Alt. Front Raise - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Plate Twist-Twist - 10 Reps	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____
	Alt. Front Raise - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Plate Twist-Twist - 10 Reps	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____
	Alt. Front Raise - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Plate Twist-Twist - 10 Reps	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____	R: 10 W:____
Progressive Set	Reverse Fly - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Reverse Fly - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Reverse Fly - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Reverse Fly - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Reverse Fly - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Reverse Fly - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
Super Set	Dumbbell Shrug - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Dubbell Scap Trap - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Dumbbell Shrug - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Dubbell Scap Trap - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Dumbbell Shrug - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Dumbbell Shrug - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Dubbell Scap Trap - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Super Set	Superman Stretch - 10 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Plank Twist-Twist - 30 Sec	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Superman Stretch - 10 Reps	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____
	Plank Twist-Twist - 30 Sec	R:_____	R:_____	R:_____	R:_____	R:_____	R:_____

Worksheet - Bulk: Arms

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	Date / Week						
Progressive Set	Seated Incline Curl - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Seated Incline Curl - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Seated Incline Curl - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Seated Incline Curl - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Seated Incline Curl - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Seated Incline Curl - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
Single Set	Tricep Extension - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Tricep Extension - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Tricep Extension - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Tricep Extension - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Force Set	Wide EZ Bar Curl - 5 Reps	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Wide EZ Bar Curl - 5 Reps	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Wide EZ Bar Curl - 5 Reps	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Wide EZ Bar Curl - 5 Reps	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
	Wide EZ Bar Curl - 5 Reps	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____	R: 5 W:____
Single Set	Skull Crusher - 15 Reps	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____	R: 15 W:____
	Skull Crusher - 12 Reps	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____	R: 12 W:____
	Skull Crusher - 8 Reps	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
	Skull Crusher - 8 Reps - Drop	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____	R: 8 W:____
Progressive Set	Hammer Curl - 15 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Hammer Curl - 12 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Hammer Curl - 8 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Hammer Curl - 8 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Hammer Curl - 12 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Hammer Curl - 15 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
Progressive Set	Tricep Kickback - 15 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Tricep Kickback - 12 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Tricep Kickback - 8 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Tricep Kickback - 8 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Tricep Kickback - 12 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Tricep Kickback - 15 Reps	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____	WR:____ WL:____
	Weighted Crunch - 30 Reps	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____	R: 30 W:____