

BEACHBODY

WORKSHEET

BEAST: TOTAL BODY

Date / Week						
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 _____				

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.