



BEASTMODE Program Calendar

	M	T	W	T	F	S	S
WK 1	LEG DAY	SHOULDERS & TRICEPS	GLUTES & HAMSTRINGS	REST / ACTIVE REST DAY	'MAKER' FULL BODY	REST / ACTIVE REST DAY	HIIT
WK 2	BACK & BICEPS	LOWER BODY	CHEST, SHOULDERS & TRICEPS	REST / ACTIVE REST DAY	UNILATERAL FULL BODY	REST / ACTIVE REST DAY	HIIT
WK 3	QUADS	SHOULDERS	POSTERIOR CHAIN	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	DUMBBELL HIIT
WK 4	CHEST & TRICEPS	LOWER BODY	SHOULDERS	REST / ACTIVE REST DAY	FULL BODY CIRCUITS	REST / ACTIVE REST DAY	INTENSE CARDIO
WK 5	LEG DAY	SHOULDERS	GLUTES & HAMSTRINGS	REST / ACTIVE REST DAY	GIANT FULL BODY	REST / ACTIVE REST DAY	HIIT
WK 6	BACK & BICEPS	LOWER BODY	SHOULDERS & TRICEPS	REST / ACTIVE REST DAY	'SNATCHED' FULL BODY	REST / ACTIVE REST DAY	INTENSE CARDIO
WK 7	QUADS	UPPER BODY	POSTERIOR CHAIN	REST / ACTIVE REST DAY	FULL BODY CIRCUITS	REST / ACTIVE REST DAY	HIIT
WK 8	UPPER BODY COMPOUNDS	LOWER BODY	ARM DAY	REST / ACTIVE REST DAY	'THRUST' FULL BODY	REST / ACTIVE REST DAY	DUMBBELL HIIT
WK 9	LEG DAY	SHOULDERS	GLUTES & HAMSTRINGS	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	INTENSE CARDIO
WK 10	BACK & BICEPS	LOWER BODY	SHOULDERS, CHEST & TRICEPS	REST / ACTIVE REST DAY	BODY WEIGHT FULL BODY	REST / ACTIVE REST DAY	FULL BODY CIRCUITS

