

Date / Week	3/31					
Warm-Up						
Single Set	12 Reps	10 Reps	8 Reps			
Front to Back Lunge	RT = 10 LT = 10	RT = 10 LT = 10	RT = 10 LT = 10	Balance sacks I made those couldn't keep up		
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Squat	= 5	= 10	= 15	= 15	= 10	= 5
Force Set	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps
Full to 1/2 Sumo Squat	= 15	= 15	= 15	= 15	= 15 + 20	= 15
Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Split Squat w/ EZ Bar	RT = 5 LT = 5	RT = 10 LT = 10	RT = 15 LT = 15	RT = 15 LT = 15	RT = 10 LT = 10	RT = 5 LT = 5
Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Split Leg Deadlift	= 10	= 15	= 20	= 15		
ALL Side Squat	10 Reps	10 Reps	10 Reps			
	= 10	= 10	= 10			
Super Set	50 Reps	50 Reps				
Calf Raise	= ✓	= ✓	took breaks			
30 Sec.	30 Sec.					
Beast Abs	= ✓	= ✓	rest			

WASH
to go
today
105 lbs
hard

Cool-Down RT = right, LT = left, Sec = time, C = completed

- Equipment**
- Bench
 - EZ Curl Bar w/ Weighted Plates
 - Land Spring Collar
 - Weights

- Worksheet and Pen
- Water and Towel

Weight Suggestions:
25 lbs., 30 lbs., 45 lbs.
Weights listed are suggestions only. Please use weights appropriate to your particular fitness and strength levels, and observe The Rules of Beach Body's Signature™. To reduce injury risk, start with lighter weights.

Body Beast Manual

Huangqi Zhang



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