

ORIGINAL

BODY BEAST WORKSHEET • BUILD: BACK/BIS					
Date / Week					
Warm-Up					
Single Set	15 Reps	12 Reps	8 Reps	8 Reps	
Deadlift	W _____	W _____	W _____	W _____	
Super Set	15 Reps	12 Reps	8 Reps	8 Reps	
Dumbbell Pull-Over	W _____	W _____	W _____	W _____	
	10 Reps	10 Reps	10 Reps		
Pull-Up	R _____	R _____	R _____		
Giant Set	15 Reps	12 Reps	8 Reps		
EZ Bar Row	W _____	W _____	W _____		
One-Arm Row	LT W _____	LT W _____	LT W _____		
	RT W _____	RT W _____	RT W _____		
Reverse Fly	W _____	W _____	W _____		
Single Set	30 Sec.	30 Sec.	8 Sec.		
Close-Grip Chin-Up	R _____	R _____	R _____		
Single Set	15 Reps	12 Reps	8 Reps	8 Reps	
Seated Bicep Curl	W _____	W _____	W _____	W _____	
Single Set	15 Reps	12 Reps	8 Reps		
L,L,2 Hammer Curl	W _____	W _____	W _____		
Single Set	15 Reps	12 Reps	8 Reps	8 Reps	
Neutral EZ Bar Curl	W _____	W _____	W _____	W _____	
Single Set	30 Sec.	30 Sec.			
Airplane Cobra	R _____	R _____			
Cool-Down					

R = reps W = weights RT = right LT = left Sec = time C = completed

IMPROVED

BODY BEAST		CHAD PINK INDEPENDENT TEAM OF NUTRITION COACHES ZILLAfitness.com		BUILD BACK & B'S	
	DATE:				
Deadlift	15 reps				
	12 reps				
	8 reps				
	8 reps Drop Set				
Pull Over	15 reps				
	Pull Up	10 reps			
	Pull Over	12 reps			
	Pull Up	10 reps			
Pull Over - Drop Set	8 reps				
	Pull Over - Drop Set	8 reps			
	Pull Up	10 reps			
EZ Bar Row	15 Reps				
	One-Arm Row				
Reverse Fly	12 Reps				
	One-Arm Row				
Reverse Fly	8 Reps				
	One-Arm Row				
Close Grip Chin-Up	30 Seconds				
	30 Seconds				
	30 Seconds				
Seated Bicep Curl	15 reps				
	12 reps				
	8 reps Drop Set				
L,L,2 Hammer Curl	15 reps				
	12 reps				
	8 reps				
Neutral EZ Bar Curl	15 reps				
	12 reps				
	8 reps Drop Set				
Airplane Cobra	30 Seconds				
	30 Seconds				

1 WORKOUT PER SHEET

6 WORKOUTS PER SHEET
(COVERS ENTIRE PROGRAM SCHEDULE)