

DAY 1 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

DB or BB Bench Press - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Lying DB/EZ Bar Tricep Extensions - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Squats - 4 x 10-12 RM*

Barbell Hip Thrust - 4 x 10-12 RM*

Single Arm HI Pulley Rows - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

Single Arm Straight Arm Pushdowns - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

DB or BB Bench Press - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Lying DB/EZ Bar Tricep Extensions - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

DAY 2 - SLED WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE

BEAST MODE

TOTAL BEAST MODE

Face Pulls x 15

Face Pulls x 15

Face Pulls x 15

Sled Push x 20 yards (45lbs x 2 on sled)

Sled Push x 20 yards (45lbs x 2 + 25lbs x 2 on sled)

Sled Push x 30 yards (45lbs x 4 on sled)

Hyper Y's x 15

Hyper Y's x 15

Hyper Y's x 15

Sled Push x 20 yards (45lbs x 2 on sled)

Sled Push x 20 yards (45lbs x 2 + 25lbs x 2 on sled)

Explosive Sled Pushaway x 30 yards (45lbs x 4 on sled)

Clamshells x 15 each leg

Clamshells x 15 each leg

Clamshells x 15 each leg

Rest 1-2 minutes and repeat for a total of 3 rounds

Rest 1-2 minutes and repeat for a total of 3 rounds

Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 3 - TOTAL BODY WORKOUT II

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Weighted Chins - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Curls - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell OHP - 4 x 10-12 RM*

Weighted Dips - 4 x 10-12 RM*

DB Step Ups - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

DB Reverse Sprinter Lunges - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

Weighted Chins - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

DB High Pulls - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

DAY 4 - JUMP ROPE WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE

BEAST MODE

TOTAL BEAST MODE

Face Pulls x 15

Face Pulls x 15

Face Pulls x 15

Two Foot Hops x 60 (jump rope)

Two Foot Hops x 60 (jump rope)

Double Unders x 60

Hyper Y's x 15

Hyper Y's x 15

Hyper Y's x 15

Two Foot Hops x 60 (jump rope)

Two Foot Hops x 60 (jump rope)

Double Unders x 60

Clamshells x 15 each leg

Clamshells x 15 each leg

Clamshells x 15 each leg

Rest 1-2 minutes and repeat for a total of 3 rounds

Rest 1-2 minutes and repeat for a total of 3 rounds

Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 5 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Deadlifts - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Alt. Reverse Barbell Lunges - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Rows - 4 x 10-12 RM*

Barbell Curls - 4 x 10-12 RM*

3D Crossovers - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

Alternating DB Bench Press - 15/10/5 Ladders using 20RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

Deadlifts - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Alt. Reverse Barbell Lunges - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

DAY 8 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Barbell OHP - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Weighted Dips - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Deadlifts - 4 x 10-12 RM*

Alternating Reverse Barbell Lunges - 4 x 10-12 RM*

Lat Pulldowns - Race to 100 (use 15-20RM to start) - Drop pin 2 spots when no more than 5 reps

Straight Arm Pushdowns - Race to 100 (use 12-20RM to start)

Barbell OHP - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Weighted Dips - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

DAY 9 - BATTLE ROPE WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE**BEAST MODE****TOTAL BEAST MODE**

Face Pulls x 15

Face Pulls x 15

Face Pulls x 15

Alternating Waves x 20 seconds

Alternating Waves x 40 seconds

Alternating Waves x 60 seconds

Hyper Y's x 15

Hyper Y's x 15

Hyper Y's x 15

Alternating Waves x 20 seconds

Alternating Waves x 40 seconds

Rope Slams x 60 seconds

Clamshells x 15 each leg

Clamshells x 15 each leg

Clamshells x 15 each leg

Rest 1-2 minutes and repeat for a total of 3 rounds

Rest 1-2 minutes and repeat for a total of 3 rounds

Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 10 - TOTAL BODY WORKOUT II

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Barbell Rows - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Curls - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

DB or BB Bench Press - 4 x 10-12 RM*

Lying DB/EZ Bar Tricep Extensions - 4 x 10-12 RM*

Low Pulley Goblet Squats - Race to 100 (use 12-20RM to start)

Pullthroughs - Race to 100 (use 12-20RM to start)

Barbell Rows - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Curls - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

DAY 11 - BOX DRILL WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE**BEAST MODE****TOTAL BEAST MODE**

Face Pulls x 15

Face Pulls x 15

Face Pulls x 15

Round Trips x 3 (lateral shuffle, sprint, lateral shuffle, backpedal)

Round Trips x 6 (lateral shuffle, sprint, lateral shuffle, backpedal)

Hyper Y's 3 x 15

Hyper Y's x 15

Hyper Y's x 15

Clamshells 3 x 15 each leg

Round Trips x 3 (lateral shuffle, sprint, lateral shuffle, backpedal)

Round Trips x 6 (lateral shuffle, sprint, lateral shuffle, backpedal)

Round Trips x 9 (lateral shuffle, sprint, lateral shuffle, backpedal)

Clamshells x 15 each leg

Clamshells x 15 each leg

Clamshells x 15 each leg

Rest 1-2 minutes and repeat for a total of 3 rounds

Rest 1-2 minutes and repeat for a total of 3 rounds

Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 12 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Barbell Squats - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Hip Thrusts - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Weighted Chins - 4 x 10-12 RM*

DB High Pulls - 4 x 10-12 RM*

X Crossovers - Race to 100 (use 15-20RM to start)

Pushup Progression - Race to 100 (decline => flat => flat kneeling => incline => incline kneeling)

Barbell Squats - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Hip Thrusts - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

DAY 15 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Deadlift - 4 x 6-8 RM*

1 TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Reverse Iron Cross ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

DB or BB Bench Press 4 x 6-8 RM*

1 TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Floor Pin Press ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

Weighted Chins 4 x 6-8 RM*

1 TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Biceps Bar Breaker ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

Alternating Reverse Barbell Lunges - 3 x 10-12 RM*

EZ Bar Tricep Extensions - 3 x 10-12 RM*

DB High Pulls - 3 x 10-12 RM*

* Perform to failure using a weight that you can manage without a spotter

DAY 16 - LADDER WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE

BEAST MODE

TOTAL BEAST MODE

Band Pull Aparts x 15

Band Pull Aparts x 15

Band Pull Aparts x 15

All Shuffle x 2 round trips

All Shuffle x 3 round trips

All Shuffle x 5 round trips

Hip Band Ladder x Ladder to 10

Hip Band Ladder x Ladder to 10

Hip Band Ladder x Ladder to 10

Icky Shuffle x 2 round trips

Icky Shuffle x 3 round trips

Icky Shuffle x 5 round trips

Rotator Cuff ER x 15 each arm

Rotator Cuff ER x 15 each arm

Rotator Cuff ER x 15 each arm

High Knees x 2 round trips

High Knees x 3 round trips

High Knees x 5 round trips

Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 17 - POWER DAY I

BEAST STRENGTH SETS

BEAST SIZE SETS

POWER LADDER

TOTAL BEAST LEVEL

1. Cyclone Ninja Box Jumps (Box Jumps - Base Mode) - 3 sets of 30 seconds each (rest 60 seconds between)

2. Barbell Hang Clean and Press - 3 x 8 (use 60% of 1RM) (rest 60 seconds between sets) | Base Mode - DB Hang Clean and Press - 4 x 6 each arm - complete both arms each set

3. BB Dead Rows - 3 x 8 (use 60% of 1RM) (rest 60 seconds between sets)

POWER LADDER 1 x (Base = 2 at 2/4/6 reps each, Beast = 4 at 2/4/6 reps each) **1** TOTAL BEAST = 4 at 2/4/6/8 reps each Rest twice as long as it takes to complete each rep tier explosively

4A. Plyo Pullups (Base Mode - Plyo Inverted Rows)

4B. Plyo Pushups

4C. Squat Jumps

DAY 18 - BAR COMPLEX WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE

BEAST MODE

TOTAL BEAST MODE

Band Pull Aparts x 15

Band Pull Aparts x 15

Band Pull Aparts x 15

Clean/Thruster/Row Complex with Bar Only x 6

Clean/Thruster/Row Complex with Bar + 20 lbs x 6

Clean/Thruster/Row Complex with Bar + 50 lbs x 6

Hip Band Ladder x Ladder to 10

Hip Band Ladder x Ladder to 10

Hip Band Ladder x Ladder to 10

Clean/Thruster/Row Complex with Bar Only x 6

Clean/Thruster/Row Complex with Bar + 20 lbs x 6

Clean/Thruster/Row Complex with Bar + 50 lbs x 6

Rotator Cuff ER x 15 each arm

Rotator Cuff ER x 15 each arm

Rotator Cuff ER x 15 each arm

Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 19 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Barbell Squats - 4 x 6-8 RM*

1 TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Squat Pin Press ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

Barbell OHP - 4 x 6-8 RM*

1 TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Leaning Pushout ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

Barbell Rows - 4 x 6-8 RM*

1 TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Bent Row Pin Pull ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

Barbell Hip Thrusts - 3 x 10-12 RM*

Weighted Dips - 3 x 10-12 RM*

Barbell Curls - 3 x 10-12 RM*

* Perform to failure using a weight that you can manage without a spotter

DAY 22 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Alternating Reverse Barbell Lunges - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Leg Lockout ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
EZ Bar Tricep Extensions - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Triceps Groundbreaker ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
DB High Pulls - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Cable High Pull ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Deadlift - 3 x 10-12 RM*	
DB or BB Bench Press - 3 x 10-12 RM*	
Weighted Chins - 3 x 10-12 RM*	

* Perform to failure using a weight that you can manage without a spotter

DAY 23 - MOUNTAIN CLIMBER WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE

BEAST MODE

TOTAL BEAST MODE

Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
Mountain Climbers x 20 seconds	Mountain Climbers x 40 seconds	Mountain Climbers x 60 seconds
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
Mountain Climbers x 20 seconds	Mountain Climbers x 40 seconds	Mountain Climbers x 60 seconds
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 24 - POWER DAY II

BEAST STRENGTH SETS

BEAST SIZE SETS

POWER LADDER

TOTAL BEAST LEVEL

1. Cyclone Ninja Box Jumps (Box Jumps - Base Mode) - 3 sets of 45 seconds each (rest 60 seconds between)	
2. Barbell Hang Clean and Press - 4 x 6 (use 70% of 1RM) (rest 60 seconds between sets) Base Mode - DB Hang Clean and Press - 4 x 6 each arm - complete both arms each set	
3. BB Dead Rows - 4 x 6 (use 70% of 1RM) (rest 60 seconds between sets)	
POWER LADDER 2 x (Base = 2 at 2/4/6 reps each, Beast = 4 at 2/4/6 reps each, TOTAL BEAST = 4 at 2/4/6/8 reps each) Rest twice as long as it takes to complete each rep tier explosively	
4A. Plyo KB Gorilla Rows	
4B. KB Speed Press	
4C. KB Swings	

DAY 25 - KB SWING WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE

BEAST MODE

TOTAL BEAST MODE

Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
KB Swings x 20 seconds	KB Swings x 40 seconds	KB Swing x 60 seconds
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
KB Swings x 20 seconds	KB Swings x 40 seconds	KB Swing x 60 seconds
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 26 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Barbell Hip Thrusts - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Hip Thrust Pin Press ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Weighted Dips - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Dip Crossover ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Barbell Curls - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Biceps Breakout ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Barbell Squats - 3 x 10-12 RM*	
Barbell OHP - 3 x 10-12 RM*	
Barbell Rows - 3 x 10-12 RM*	

* Perform to failure using a weight that you can manage without a spotter

DAY 29 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Deadlift - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Reverse Iron Cross ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
DB or BB Bench Press 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Floor Pin Press ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Weighted Chins 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Biceps Bar Breaker ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Alternating Reverse Barbell Lunges - 3 x 10-12 RM*	
EZ Bar Tricep Extensions - 3 x 10-12 RM*	
DB High Pulls - 3 x 10-12 RM*	

* Perform to failure using a weight that you can manage without a spotter

DAY 30 - SLED WORKOUT

*After finishing your Flush Conditioning Workout, complete an Rh Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulls x 15	Face Pulls x 15	Face Pulls x 15
Sled Push x 20 yards (45lbs x 2 on sled)	Sled Push x 20 yards (45lbs x 2 + 25lbs x 2 on sled)	Sled Push x 30 yards (45lbs x 4 on sled)
Hyper Y's x 15	Hyper Y's x 15	Hyper Y's x 15
Sled Push x 20 yards (45lbs x 2 on sled)	Sled Push x 20 yards (45lbs x 2 + 25lbs x 2 on sled)	Explosive Sled Pushaway x 30 yards (45lbs x 4 on sled)
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 31 - POWER DAY III

BEAST STRENGTH SETS

BEAST SIZE SETS

POWER LADDER

TOTAL BEAST LEVEL

1. Cyclone Ninja Box Jumps (Box Jumps - Base Mode) - 4 sets of 30 seconds each (rest 60 seconds between)
2. Barbell Hang Clean and Press - 5 x 5 (use 75% of 1RM) (rest 60 seconds between sets) Base Mode - DB Hang Clean and Press - 4 x 6 each arm - complete both arms each set
3. BB Dead Rows - 5 x 5 (use 75% of 1RM) (rest 60 seconds between sets)
POWER LADDER 3 x (Base = 2 at 2/4/6 reps each, Beast = 4 at 2/4/6 reps each, TOTAL BEAST = 4 at 2/4/6/8 reps each) Rest twice as long as it takes to complete each rep tier explosively
4A/B. DB Renegade Row Up Right
4A/B. DB Renegade Row Up Left
4C. DB Jump Squats

DAY 32 - JUMP ROPE WORKOUT

*After finishing your Flush Conditioning Workout, complete an Rh Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulls x 15	Face Pulls x 15	Face Pulls x 15
Two Foot Hops x 60 (jump rope)	Two Foot Hops x 60 (jump rope)	Double Unders x 60
Hyper Y's x 15	Hyper Y's x 15	Hyper Y's x 15
Two Foot Hops x 60 (jump rope)	Two Foot Hops x 60 (jump rope)	Double Unders x 60
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 33 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Barbell Squats - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Squat Pin Press ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Barbell OHP - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Leaning Pushout ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Barbell Rows - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Bent Row Pin Pull ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Barbell Hip Thrusts - 3 x 10-12 RM*	
Weighted Dips - 3 x 10-12 RM*	
Barbell Curls - 3 x 10-12 RM*	

* Perform to failure using a weight that you can manage without a spotter

DAY 36 - TOTAL BODY WORKOUT I
BEAST STRENGTH SETS
BEAST SIZE SETS
BEAST ISO SETS
TOTAL BEAST LEVEL

Alternating Reverse Barbell Lunges - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Leg Lockout ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
EZ Bar Tricep Extensions - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Triceps Groundbreaker ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
DB High Pulls - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Cable High Pull ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Deadlift - 3 x 10-12 RM*	
DB or BB Bench Press - 3 x 10-12 RM*	
Weighted Chins - 3 x 10-12 RM*	

* Perform to failure using a weight that you can manage without a spotter

DAY 37 - BATTLE ROPE WORKOUT

*After finishing your Flush Conditioning Workout, complete an Rb Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulls x 15	Face Pulls x 15	Face Pulls x 15
Alternating Waves x 20 seconds	Alternating Waves x 40 seconds	Alternating Waves x 60 seconds
Hyper Y's x 15	Hyper Y's x 15	Hyper Y's x 15
Alternating Waves x 20 seconds	Alternating Waves x 40 seconds	Rope Slams x 60 seconds
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 38 - POWER DAY IV
BEAST STRENGTH SETS
BEAST SIZE SETS
X-PL OLIVE LADDER
TOTAL BEAST LEVEL

1. Cyclone Ninja Box Jumps (Box Jumps - Base Mode) - 4 sets of 45 seconds each (rest 60 seconds between)
2. Barbell Hang Clean and Press - 6 x 4 (use 80% of 1RM) (rest 60 seconds between sets) Base Mode - DB Hang Clean and Press - 4 x 6 each arm - complete both arms each set
3. BB Dead Rows - 6 x 4 (use 80% of 1RM) (rest 60 seconds between sets)
POWER LADDER 4 x (Base = 2 at 2/4/6 reps each, Beast = 4 at 2/4/6 reps each, TOTAL BEAST = 4 at 2/4/6/8 reps each) Rest twice as long as it takes to complete each rep tier explosively
4A/B. Single Arm Squat Row Right
4A/B. Single Arm Squat Row Left
4C. Pulsing Tricep Plyo Pushups

DAY 39 - BOX DRILL WORKOUT

*After finishing your Flush Conditioning Workout, complete an Rb Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulls x 15	Face Pulls x 15	Face Pulls x 15
Round Trips x 3 (lateral shuffle, sprint, lateral shuffle, backpedal)	Round Trips x 6 (lateral shuffle, sprint, lateral shuffle, backpedal)	Hyper Y's 3 x 15
Hyper Y's x 15	Hyper Y's x 15	Clamshells 3 x 15 each leg
Round Trips x 3 (lateral shuffle, sprint, lateral shuffle, backpedal)	Round Trips x 6 (lateral shuffle, sprint, lateral shuffle, backpedal)	Round Trips x 9 (lateral shuffle, sprint, lateral shuffle, backpedal)
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 40 - TOTAL BODY WORKOUT III
BEAST STRENGTH SETS
BEAST SIZE SETS
BEAST ISO SETS
TOTAL BEAST LEVEL

Barbell Hip Thrusts - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Hip Thrust Pin Press ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Weighted Dips - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Dip Crossover ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Barbell Curls - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Biceps Breakout ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Barbell Squats - 3 x 10-12 RM*	
Barbell OHP - 3 x 10-12 RM*	
Barbell Rows - 3 x 10-12 RM*	

* Perform to failure using a weight that you can manage without a spotter

DAY 43 - TOTAL BODY WORKOUT I

BEAST SIZE & STRENGTH SETS

BEAST #BACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Deadlifts - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Close Grip Bench Press - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. Underhand Barbell Rows - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. DB Cheat Laterals - Straight Set Superset x 3 (perform all reps on each arm before moving to DBSS) Use 8-10RM (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. DB Bulgarian Split Squat Hops - Straight Set Superset x 3 (perform all reps on each leg before moving to next set) Perform with just 1 DB from 4A. Use a combined dumbbell weight that is equal to the weight of the single dumbbell used in the previous exercise.

TOTAL BEAST: Complex is 5 reps of Cleans, 5 reps of Front Squats, 5 reps of Barbell OHP, and 5 reps of Thrusters. (Use 12RM for Barbell OHP) Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

DAY 44 - LADDER WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
All Shuffle x 2 round trips	All Shuffle x 3 round trips	All Shuffle x 5 round trips
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
Icky Shuffle x 2 round trips	Icky Shuffle x 3 round trips	Icky Shuffle x 5 round trips
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
High Knees x 2 round trips	High Knees x 3 round trips	High Knees x 5 round trips

Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 45 - TOTAL BODY WORKOUT II

BEAST SIZE & STRENGTH SETS

BEAST #BACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Barbell Squats - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Barbell OHP - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. DB High Pulls - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. DB or KB Swings - Straight Set Superset x 3 (perform all reps before moving to Cavaliere Crossovers) Use Heavy KB/DB (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. DB or KB Cavaliere Crossovers - Straight Set Superset x 3 (perform all reps on each arm before moving to next set) Use same weight and drive with explosive shrug

TOTAL BEAST: Complex is 10 reps of Plyo Pushups, 5 reps of Glute Ham Raises, 5 reps GHR Pushups (3 Knee Plyos for every 1 GHR). Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

DAY 46 - BAR COMPLEX WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
Clean/Thruster/Row Complex with Bar Only x 6	Clean/Thruster/Row Complex with Bar + 20 lbs x 6	Clean/Thruster/Row Complex with Bar + 50 lbs x 6
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
Clean/Thruster/Row Complex with Bar Only x 6	Clean/Thruster/Row Complex with Bar + 20 lbs x 6	Clean/Thruster/Row Complex with Bar + 50 lbs x 6
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm

Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 47 - TOTAL BODY WORKOUT III

BEAST SIZE & STRENGTH SETS

BEAST #BACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Barbell Hip Thrusts - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Weighted Dips - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. Weighted Chins - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. Plate Pressouts - Straight Set Superset x 3 - Use heaviest plate you can handle. (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. Explosive Plate Side Lunges - Straight Set Superset x 3 (alternate to each side for all reps) Perform with same plate from 4A.

TOTAL BEAST: Complex is 5 reps of Jumping Shrugs, 5 reps of Hang Cleans, 5 reps of Barbell OHP, and 5 reps of Hang Clean and Press (Use 12RM for Barbell OHP) Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

DAY 50 - TOTAL BODY WORKOUT I

BEAST SIZE & STRENGTH SETS

BEAST ATTACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Deadlifts - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Close Grip Bench Press - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. Underhand Barbell Rows - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. DB Cheat Laterals - Straight Set Superset x 3 (perform all reps on each arm before moving to DBSS) Use 8-10RM (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. DB Bulgarian Split Squat Hops - Straight Set Superset x 3 (perform all reps on each leg before moving to next set) Perform with just 1 DB from 4A. Use a combined dumbbell weight that is equal to the weight of the single dumbbell used in the previous exercise.

TOTAL BEAST: Complex is 5 reps of Cleans, 5 reps of Front Squats, 5 reps of Barbell OHP, and 5 reps of Thrusters (Use 12RM for Barbell OHP) Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

DAY 51 - MOUNTAIN CLIMBER WORKOUT

*After finishing your Flush Conditioning Workout, complete an Jib Shuffle Workout

BASE MODE**BEAST MODE****TOTAL BEAST MODE**

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
Mountain Climbers x 20 seconds	Mountain Climbers x 40 seconds	Mountain Climbers x 60 seconds
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
Mountain Climbers x 20 seconds	Mountain Climbers x 40 seconds	Mountain Climbers x 60 seconds
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm

Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 52 - TOTAL BODY WORKOUT II

BEAST SIZE & STRENGTH SETS

BEAST ATTACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Barbell Squats - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Barbell OHP - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. DB High Pulls - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. DB or KB Swings - Straight Set Superset x 3 (perform all reps before moving to Cavaliere Crossovers) Use Heavy KB/DB (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. DB or KB Cavaliere Crossovers - Straight Set Superset x 3 (perform all reps on each arm before moving to next set) Use same weight and drive with explosive shrug

TOTAL BEAST: Complex is 10 reps of Plyo Pushups, 5 reps of Glute Ham Raises, 5 reps GHR Pushups (3 Knee Plyos for every 1 GHR) Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

DAY 53 - KB SWING WORKOUT

*After finishing your Flush Conditioning Workout, complete an Jib Shuffle Workout

BASE MODE**BEAST MODE****TOTAL BEAST MODE**

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
KB Swings x 20 seconds	KB Swings x 40 seconds	KB Swing x 60 seconds
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
KB Swings x 20 seconds	KB Swings x 40 seconds	KB Swing x 60 seconds
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm

Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds Rest 1-2 minutes and repeat for a total of 3 rounds

DAY 54 - TOTAL BODY WORKOUT III

BEAST SIZE & STRENGTH SETS

BEAST ATTACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Barbell Hip Thrusts - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Weighted Dips - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. Weighted Chins - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. Plate Pressouts - Straight Set Superset x 3 - Use heaviest plate you can handle. (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. Explosive Plate Side Lunges - Straight Set Superset x 3 (alternate to each side for all reps) Perform with same plate from 4A.

TOTAL BEAST: Complex is 5 reps of Jumping Shrugs, 5 reps of Hang Cleans, 5 reps of Barbell OHP, and 5 reps of Hang Clean and Press (Use 12RM for Barbell OHP) Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter