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# Body beast worksheets excel sheet

docs.google.com/spread...Page 2docs.google.com/spread... Excel Workout Manager for Body Beast \*\* INCLUDES BOTH HUGE & LEAN \*\* This Highly Advanced Excel Workout Tool Opens Up To An Easy To Use Main Menu 1st Item of Business Is To Select The Setup/StartUp Button To Enter Your Start Date & Basic Info This Sets Up All The Other Pages & Worksheets. Use The Master Calendar To See & Select Your Daily Workouts, and You Can Then Check Off Your Completed Workouts. MASTER CALENDAR ... Sample Working Master Calendar Current Days Workout Date Will Be High-lighted in GREEN. Your Checks for Completed Workouts, Will turn GREEN As Well. ... Take Your Before Photos & Insert Them Into Your Photo Progress Tracker Page. You Will Also, Come Back Here At The End To Insert Your After Photos. Photo Progress Tracker Page .. Enter Your Beginning Body Stats In The Measurements Tracker Page. Here, You Enter Your Beginning Body Stats Info, and You Will Also Come Back At The End To Enter Your Ending Body Stats Achievements. Measurements Tracker Page ... Worksheets Menu Page ... We Have ALL the Worksheets. Amazing Advanced Worksheets Allow You To Record & Summarize Reps, Assisted Reps, Band Color, Notes and More. Sophisticated Calculations, and Progress Indicators On Each Worksheet. A Few Sample Screenshots Are Included Below: BUILD: Chest / Tris .. BUILD: Legs ... BUILD: Back / Bis ... BUILD: Back (LEAN) ... Charts Menu Page .. We Have ALL the Charts. Amazing, Interactive Charts Allow You To Get a visual view of your Progress. A Few Sample Screenshots Are Included Below: BUILD: Chest / Tris ... BUILD: Back / Bis ... BUILD: Back / Bis ... Excel Workout Tool for the BEAST Nutrition Plan Interactive Calendar .. Interactive Meal Logs Calories Allowed For Each Phase, Auto-Calculated. .. Totals Page Auto-Calculated. .. MEAL PHASE CALCULATIONS PAGE ... DAILY CALORIES REPORT ... DAILY CALORIES GRAPH ... CALORIES & PORTIONS TABLES ... FOODS & PORTIONS LIST Requirements This program was created with MS Excel 2010 and saved as both a Excel 97-2003 template, and an Excel 2007-2010 template. Also, Mac 2004 & Mac 2008+ Folders are Included. (A template is a file, that once opened, can be saved under any name, leaving the original file intact to be used over and over again.) However, this is no mere template. All the pages are interlocked together via menus and links for easy navigating. Save yourself any spreadsheet creation headaches and Countless Wasted Hours because we have done it all for you. The file Works with Windows MS Excel 2000-2010. THE PROGRAM DOES NOT CONTAIN ANY MACROS OR VISUAL BASIC CODE. Just check out all the screenshots, and if this is something you can use we will provide any support you need. (Due to different versions of Excel, Monitor Sizes, Resolution Settings, and Graphic Cards, the screen colors and screen fit, may not Be exactly as shown. What you see is how it looks on our screen. This gives you an idea of what is included in the program and what it looks like. If you ever lose or accidentally mess up a template, just let us know and we will send you another one. Excel Workout Tools is the creator of this product. You have permission to modify the program for your own personal use, but No resale or pass along rights are granted. You can install it on as many computers as you need to, as long as it is for use by you or your immediate family. Our Guarantee: 30 Day Money Back Guarantee. If you are not happy, let us know within 30 days and we will refund 100% of your money. Get It Here For Only \$9.98 Pay Now & Get Immediate Access To Your New: Excel Workout Tool for Body Beast © Thanks a lot and get yourself committed. 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Back to Top Huge Beast Schedule BLOCK 1 - BUILD 3 weeks: 6 days on, 1 day off WEEK 2: WEEK 3: DAY 1 BUILD: Legs DAY 2 BUILD: Back/Bis or TEMPO: Back/Bis DAY 3 BUILD: Shoulders and BEAST: Abs DAY 4 REST DAY 5 BUILD: Chest/Tris or TEMPO: Chest/Tris DAY 6 BUILD: Legs DAY 7 BUILD: Back/Bis or TEMPO: Back/Bis DAY 1 BUILD: Shoulders and BEAST: Abs DAY 2 REST DAY 3 BUILD: Chest/Tris or TEMPO: Chest/Tris DAY 4 BUILD: Legs DAY 5 BUILD: Back/Bis or TEMPO: Back/Bis DAY 6 BUILD: Shoulders and BEAST: Abs DAY 7 BEAST: Cardio and BEAST: Abs or BEAST: Total Body and BEAST: Abs B. BLOCK 2 - BULK WEEK 2: DAY 1 BULK: Legs DAY 2 BULK: Back DAY 3 BULK: Arms and BEAST: Abs DAY 4 BULK: Shoulders DAY 5 REST DAY 6 BULK: Chest DAY 7 BULK: Legs WEEK 3: PE D C WEEK 1: WEEK 5: WEEK 6: DAY 1 REST DAY 2 BULK: Chest DAY 3 BULK: Legs DAY 4 BULK: Back DAY 5 BULK: Arms and BEAST: Abs DAY 6 BULK: Shoulders DAY 7 REST R w BLOCK 3 - BEAST WEEK 1: w DAY 1 BULK: Back DAY 2 BULK: Arms and BEAST: Abs DAY 3 BULK: Shoulders DAY 4 REST DAY 5 BULK: Chest DAY 6 BULK: Legs DAY 7 BULK: Back DAY 1 BULK: Shoulders DAY 2 REST DAY 3 BULK: Chest DAY 4 BULK: Legs DAY 5 BULK: Back DAY 6 BULK: Arms and BEAST: Abs DAY 7 BULK: Shoulders IP WEEK 4: DAY 1 BUILD: Chest/Tris or TEMPO: Chest/Tris DAY 2 BULK: Legs DAY 3 BUILD: Back/Bis or TEMPO: Back/Bis DAY 4 BEAST: Cardio and BEAST: Abs DAY 5 REST DAY 6 BULK: Arms DAY 7 BUILD: Shoulders LU 6 weeks: 6 days on, 1 day off DAY 1 BULK: Chest DAY 2 BULK: Legs DAY 3 BULK: Back DAY 4 BULK: Arms and BEAST: Abs DAY 5 BULK: Shoulders DAY 6 REST DAY 7 BULK: Chest DAY 7 BULK DAY 1 BULK: Arms and BEAST: Abs DAY 2 BULK: Shoulders DAY 3 REST DAY 4 BULK: Chest DAY 5 BULK: Legs DAY 6 BULK: Back DAY 7 BULK: Arms and BEAST: Abs ne t WEEK 1: DAY 1 BUILD: Chest/Tris DAY 2 BUILD: Legs DAY 3 BUILD: Back/Bis DAY 4 BUILD: Shoulders DAY 5 BEAST: Cardio and BEAST: Abs or BEAST: Total Body and BEAST: Abs DAY 6 REST DAY 7 BUILD: Chest/Tris or TEMPO: Chest/Tris 3 weeks: 6 days on, 1 day off WEEK 2: WEEK 3: DAY 1 BULK: Chest DAY 2 BULK: Legs DAY 3 BEAST: Cardio and BEAST: Abs or BEAST: Total Body and BEAST: Abs DAY 4 REST DAY 5 BULK: Back DAY 6 BULK: Arms and BEAST: Abs DAY 7 BEAST: Cardio and BEAST: Abs or BEAST: Total Body and BEAST: Abs You're Reading a Free Preview Pages 6 to 9 are not shown in this preview. You're Reading a Free Preview Pages 13 to 21 are not shown in this preview. body beast worksheets Hey everyone, the Beast worksheets are now available and will be a continuing work in progress. I hope you enjoy them, and let us know if we can help you with your program, we would love to help you reach your goals. Build Sheets Build Chest Tri Build Legs Build Back Bi Build Shoulders Bulk Sheets Bulk Chest Bulk Legs Bulk Back Bulk Arms Bulk Shoulders Tempo Sheets Tempo Chest Tri Tempo Back Bi Beast Sheets Beast Total Body Beast Lucky 7 You can download all the separate Body Beast workout sheets, the Body Beast Lean Beast and Huge Beast schedules, calendar and improved worksheets from this page. "Do you need to go get a note from your mommy?" - one of the many great one-liners that Sagi comes up with during the course of Body Beast. I've just started my Body Beast journey after successfully completing Insanity training a few weeks ago. I'm also covering my Body Beast workout progress, so you know what to watch for and can find out how it all went for me. I wanted to be able to download and print out all the Body Beast workout sheets separately, fill them in and add them to my workout records. I have a folder going back to the 1990s with all my old gym workout sessions in it, so I always want to have the same kind of Excel spreadsheet look that the rest of my stuff has. All my workout charts from back in the 1990s As a result, I've started to put together single sheets of all the Body Beast exercise sessions and figured I'd share them with you so you can download them. As well as the Body Beast workout routine PDF files, you can also download the Body Beast Huge schedule and Body Beast Lean schedule calendars. I hope you find these Body Beast workout sheets useful. I've tried to improve them so that they are easy to fill in and refer back to, allowing you to track your improvements. Body Beast: BUILD Download Body Beast - Build: Chest & Triceps Workout Sheet Download Body Beast - Build: Chest & Triceps Workout Sheet Download Body Beast - Build: Back & Biceps Workout Sheet Download Body Beast - Build: Back & Biceps Workout Sheet Download Body Beast - Build: Shoulders Workout Sheet Download Body Beast - Build: Shoulders Workout Sheet Download Body Beast - Build: Shoulders Workout Sheet Download Body Beast - Build: Legs Workout Sheet Download Body Beast - Build: Legs Workout Sheet Body Beast - Bulk: Chest Workout Sheet Download Body Beast - Bulk: Chest Workout Sheet Download Body Beast - Bulk: Chest Workout Sheet Download Body Beast - Bulk: Legs Workout Sheet Download Body Beast - Bulk: Arms Workout Sheet Download Body Beast - Bulk: Arms Workout Sheet Download Body Beast - Bulk: Back Workout Sheet Download Body Beast - Bulk: Back Workout Sheet Download Body Beast - Bulk: Back Workout Sheet Download Body Beast - Bulk: Shoulders Workout Sheet Download Body Beast - Bulk: Shoulders Workout Sheet Download Body Measurement Chart And here's a body measurements chart that I put together so you can track your progress. Good luck on your journey! Download Measurement and Bodyweight Chart Download Lean Beast Workout Calendar Schedule Download Huge Beast Workout Calendar Schedule I hope these charts are useful to you. If so, please spread the word or leave a comment - it's very much appreciated! And if you spot any changes that are needed, just let me know. I'll continue to add more Body Beast chart downloads to this page until it's all up to date. What's your favourite Body Beast workout session? Meanwhile, here are some links to other aspects of the Body Beast workout programme and how to get the most gains. Take a look!







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