

Date:	30 DAY BODY WEIGHT BEASTMODE WORKOUT PLAN						
M O N D A Y	<b>WEEK 1</b>						
	<b>Chest Insanity:</b>	Set 1	Set 2	Set 3	Set 4	<b>Notes:</b>	
	15 Regular Push Ups						
	5 Diamond Push Ups						
	10 Dips						
	10 Arching Push Ups					Your hips will be low to the ground and your chest will be up	
	10 Decline Push Ups						
	10 Dips on Straight Bar					Rest for 2 minutes than go through all of them again until you finish 4 sets. After you are done with Chest Insanity than go on to Back Brutality below	
	<b>Back Brutality:</b>	Set 1	Set 2	Set 3		<b>Notes:</b>	
	10 Wide Pull Ups						
	5 Close Grip Pull Ups						
5 Wide Grip Behind Neck Pull Ups							
5 Shoulder Width Behind Neck Pull Ups							
5 Upside Down Pull Ups							
T U E S D A Y	<b>Arm Assassin:</b>	Set 1	Set 2	Set 3	Set 4	Set 5	<b>Notes:</b>
	10 Shoulder Width Chin Ups						
	20 Wide Grip Australian Chin Ups						
	10 Dips						
	20 Bench Dips						
	10 Close Grip Chin Ups						
	20 Close Grip Australian Chin Ups						
	10 Dips on Straight Bar						
20 Bench Dips							
W E D N E S D A Y	<b>Leg Shocker Routine:</b>	Set 1	Set 2	Set 3	Set 4	Set 5	<b>Notes:</b>
	10 Pistol Squats on each leg						
	20 Hannibal Squats						I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feet together as you do a no-weight squat.
	15 Pyramid Calf Raises						(15,14,13...) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 seconds, than do 14, and so on...
	20 In & Out Squat Jumps						Squat with your feet together, come all the way up and jump out to a squat with your feet out wide. That's one rep.
	20 Lunge Walks						
1m Wall Sit							
T H U R S D A Y	<b>Chest Insanity:</b>	Set 1	Set 2	Set 3	Set 4		<b>Notes:</b>
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	10 Shoulder Width Chin Ups						
	20 Wide Grip Australian Chin Ups						
	10 Dips						
	20 Bench Dips						
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	20 Close Grip Australian Chin Ups						
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M O N D A Y	<b>WEEK 2</b>						
	<b>Chest Insanity:</b>	Set 1	Set 2	Set 3	Set 4	<b>Notes:</b>	
	15 Regular Push Ups						
	5 Diamond Push Ups						
	10 Dips						
	10 Arching Push Ups					Your hips will be low to the ground and your chest will be up	
	10 Decline Push Ups						
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	<b>Back Brutality:</b>	Set 1	Set 2	Set 3		<b>Notes:</b>	
	10 Wide Pull Ups						
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5 Wide Grip Behind Neck Pull Ups							
5 Shoulder Width Behind Neck Pull Ups							
5 Upside Down Pull Ups							
T U E S D A Y	<b>Arm Assassin:</b>	Set 1	Set 2	Set 3	Set 4	Set 5	<b>Notes:</b>
	10 Shoulder Width Chin Ups						
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	10 Dips						
	20 Bench Dips						
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WEEK 3							
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	10 Dips						
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	10 Dips on Straight Bar						
	<b>Back Brutality:</b>	Set 1	Set 2	Set 3		Notes:      	
	10 Wide Pull Ups						
	5 Close Grip Pull Ups						
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WEEK 4							
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