

BEASTX VAULT

ELITE ADVANCED MASTER PROTOCOL

Full Body Reconstruction • Micronutrient Optimization • Bio-Mechanic Mastery

THE ADVANCED TRAINING MATRIX

For the advanced athlete, we utilize **Micro-Periodization**. Every session must include a primary compound move followed by technical isolation.

| EXERCISE & ALTERNATIVES | SETS | REPS | TEMPO & KEY DETAIL |
|---|------|---------|--|
| 1. Barbell Squats <i>Alt: Hack Squats / Goblet Squats</i> | 4-5 | 6-8 | 3-1-1-0 : 3s eccentric, 1s pause at bottom. Explosive up. |
| 2. Incline Bench Press <i>Alt: DB Incline / Weighted Dips</i> | 4 | 8-10 | Micro-detail : Retract scapula, 45 degree elbow tuck. |
| 3. Weighted Pull-Ups <i>Alt: Lat Pulldowns / Rack Pulls</i> | 4 | Failure | Full stretch at bottom, chin over bar. No swinging. |
| 4. Romanian Deadlifts <i>Alt: Leg Curls / Good Mornings</i> | 3 | 10-12 | Focus on Hinge movement, feel the hamstring stretch. |
| 5. Lateral Raises <i>Alt: Cable Y-Raises / Face Pulls</i> | 4 | 15-20 | Lean forward slightly. Pinky finger high. |

BIO-MECHANICAL MASTERY: "THE MICRO-ADJUST"

Advanced growth occurs in the details. Use **Intra-Set Stretching**: On the last set of chest/back, hold the stretched position for 30 seconds under load. This triggers fascia expansion.

MACRO & MICRO NUTRITIONAL SCIENCE

A BeastX physique is built in the kitchen with precision. High protein is the baseline; **Micros** are the engine.

Macronutrients

Protein: 2.2g - 2.5g per KG. (Source: Whey, Chicken, Paneer, Soy)

Carbs: 4g-6g per KG. Time 50% of intake around the workout window.

Fats: 0.8g per KG. Focus on Omega-3s (Walnuts/Fish Oil).

Micronutrients (The Essentials)

Magnesium: For muscle recovery & sleep quality.

Zinc: To maintain natural testosterone levels.

Vitamin D3+K2: For bone density and immune function.

Electrolytes: Sodium/Potassium/Magnesium ratio for peak nerve conduction.

ADVANCED SUPPLEMENTATION STACK

| SUPPLEMENT | TIMING | MINI-DETAIL PURPOSE |
|----------------------|-----------|---|
| Creatine Monohydrate | 5g Daily | ATP replenishment & cell volumization. |
| L-Citrulline Malate | 8g Pre-WO | Arginine precursor for massive pump & blood flow. |
| Ashwagandha (KSM-66) | Post-WO | Cortisol management to prevent muscle catabolism. |

THE "VAULT" RECOVERY PROTOCOL

- Contrast Showers:** 30s Cold / 30s Hot to flush lactic acid.
- Mobility:** 15 mins of PNF stretching daily to prevent injury.
- Sleep:** Minimum 7 hours. Deep sleep is when growth hormone peaks.