

# BEASTX VAULT

## BEGINNER TRANSFORMATION GUIDE

### WEEKLY SPLIT OVERVIEW

This 4-day split is designed for maximum efficiency. Beginners should focus on form first, then weight.

#### DAY 1: CHEST & TRICEPS (PUSH)

EXERCISE	SETS	REPS	FOCUS
Push-Ups (Warm-up)	2	10-15	Controlled speed
Flat Dumbbell Press	3	10-12	Chest stretch
Incline Dumbbell Fly	3	12-15	Upper chest
Tricep Pushdowns	3	12-15	Full extension
Overhead DB Extension	3	12	Long head stretch

#### DAY 2: BACK & BICEPS (PULL)

EXERCISE	SETS	REPS	FOCUS
Lat Pulldowns	3	12	Squeeze shoulder blades
Seated Cable Rows	3	10-12	Drive with elbows

<b>One-Arm DB Row</b>	3	10 Each	Strict form
<b>Barbell Bicep Curls</b>	3	12	No swinging
<b>Hammer Curls</b>	3	12-15	Forearm/Bicep width

AUTHENTICATED BEASTX VAULT CONTENT

## DAY 3: REST OR LIGHT ACTIVITY

**VAULT TIP:** Muscle grows while you sleep, not in the gym. Aim for 7-8 hours of rest today.

## DAY 4: LEGS & SHOULDERS

EXERCISE	SETS	REPS	FOCUS
Goblet Squats	4	12-15	Deep range of motion
Leg Extensions	3	15	Quad isolation
Dumbbell Shoulder Press	3	10-12	Stay upright
Lateral Raises	4	15-20	Controlled descent
Face Pulls	3	15	Rear delts

## DAY 5: FULL BODY / WEAK POINT

EXERCISE	SETS	REPS	FOCUS
Deadlifts (Light)	3	8-10	Proper posture
Dips or Assisted Dips	3	10	Overall power
Plank	3	45 Sec	Core stability

### CUTTING VS GAINING:

- **To Cut:** Rest 30-45s between sets. Add 20 mins of walking post-workout.
- **To Gain:** Rest 90-120s. Increase weight every week (Progressive Overload).