

BEASTX

BULKING & MUSCLE MASS PROTOCOL

THE FOUNDATION OF GROWTH

To build maximum muscle, we focus on **Hypertrophy** and **Progressive Overload**. Rest 90-120 seconds between sets to allow for maximum power output.

MONDAY: HEAVY PUSH (CHEST/SHOULDERS/TRICEPS)

EXERCISE	SETS	REPS	INTENSITY
Barbell Bench Press	4	6-8	Heavy
Overhead Military Press	3	8-10	Moderate/Heavy
Incline Dumbbell Press	3	10-12	Full Stretch
Dumbbell Lateral Raises	4	15	Controlled
Skull Crushers	3	10-12	Slow Eccentric

BULKING RULE #1: THE SURPLUS

To grow, you must eat more than you burn. Aim for a 300-500 calorie surplus daily. Focus on complex carbs like oats, rice, and sweet potatoes to fuel these heavy sessions.

TUESDAY: HEAVY PULL (BACK & BICEPS)

EXERCISE	SETS	REPS	INTENSITY
Deadlifts	3	5-8	Power Focus
Weighted Pull-Ups	3	Failure	Max Effort
Bent Over Barbell Rows	4	8-10	Heavy Squeeze
Seated Cable Rows	3	12	Hold 1 sec
Barbell Bicep Curls	4	8-10	Strict Form

THURSDAY: LEG DAY (THE ENGINE)

EXERCISE	SETS	REPS	INTENSITY
Barbell Back Squats	4	6-10	Deep Depth
Leg Press	3	12-15	Continuous Tension
Stiff Leg Deadlifts	3	10-12	Hamstring Focus
Leg Extensions	3	15-20	Peak Contraction
Seated Calf Raises	4	15-20	Heavy Weight

BULKING RULE #2: PROGRESSIVE OVERLOAD

If you did 60kg for 8 reps last week, aim for 60kg for 9 reps or 62.5kg for 8 reps this week. Never do the same workout twice.