

# BEASTX

## OVERALL BODY PUMP PROTOCOL

*This workout is designed to drive maximum blood flow into the muscle fibers, creating a full-body "pump" effect. Ideal for visual impact and metabolic stress.*

### UPPER BODY SATURATION

EXERCISE	SETS	REPS	REST
Push-Ups (Diamond)	3	Failure	30s
Dumbbell Lateral Raises	4	15-20	30s
Cable Chest Flyes	3	15	45s
Face Pulls	3	20	30s

### LOWER BODY VOLUME

EXERCISE	SETS	REPS	REST
Leg Extensions	4	20	45s
Lying Leg Curls	4	15	45s
Goblet Squats (Slow)	3	12-15	60s

### **The Vault Secret: Sarcoplasmic Expansion**

To achieve the ultimate pump, focus on the "Mind-Muscle Connection." Squeeze the muscle at the top of every rep for 2 seconds. Don't just move the weight—feel the blood filling the muscle.

## ARM & CORE FINISHER

EXERCISE	SETS	REPS	REST
Bicep 21s (EZ Bar)	3	21	60s
Tricep Rope Pushdowns	3	20	30s
Hanging Leg Raises	3	15	30s
Plank to Failure	3	---	45s

### Intra-Workout Strategy

Drink plenty of water with a pinch of salt during this session. The sodium helps pull water into the muscle cells, significantly increasing the pump and vascularity.

**GO OUT AND DOMINATE.**