

# BEASTX

FINAL PHOTO-READY FITNESS SCHEDULE [CITE: 1]

**Profile: Height 5'8 | Weight 80 kg [cite: 1]      Goal: Dry, Muscular, Photo-Ready Physique [cite: 2]**

## DAILY TIME SCHEDULE (WORKOUT 4-6 PM)

**6:30 AM**      Wake up, warm water, optional black coffee [cite: 2]

**7:00-7:45 AM**      Fasted cardio (brisk walk / incline treadmill) [cite: 2]

**8:30 AM**      Whey protein (1 scoop) + soaked almonds [cite: 2]

**11:00 AM**      Breakfast: Oats, peanut butter, chia seeds, fruit [cite: 2]

**2:00 PM**      Lunch: 2 roti, paneer/tofu, sabzi, salad [cite: 2]

**3:15 PM**      Pre-workout: Black coffee + banana + pinch of salt [cite: 2]

**4:00-6:00 PM**      Weight training (as per split) [cite: 2]

**6:10 PM**      Post-workout: Whey (1.5 scoop) + creatine (5 g) [cite: 2]

**8:30 PM**      Dinner: Paneer/soya/tofu + vegetables (no carbs) [cite: 2]

**10:30 PM**      Before bed: Curd or casein protein [cite: 2, 3]

## WEEKLY WORKOUT SPLIT (SETS REPS LOAD)

### DAY 1 - CHEST + TRICEPS [CITE: 3]

Bench Press 4x5-6 (80-85%) | Incline DB Press 3x8 | Dips 3x8-10 | Cable Fly 3x12-15 [cite: 4]  
Skull Crushers 3x8 | Rope Pushdown 3x12-15 [cite: 5]



### DAY 2 - BACK + BICEPS [CITE: 5]

Deadlift 4x4-5 (80-85%) | Pull-ups 4xFail | Barbell Row 3x8 | Seated Row 3x10-12 [cite: 6]  
Barbell Curl 3x8 | Hammer Curl 3x10-12 [cite: 6]



### DAY 3 - LEGS + ABS [CITE: 6]

Squat 4x5-6 (75-80%) | Leg Press 3x10 | RDL 3x8 | Lunges 3x12/leg | Calf Raise 4x15-20 [cite: 7]  
Hanging Leg Raise 4x12 | Cable Crunch 3x15 [cite: 8]



### DAY 4 - SHOULDERS + ARMS [CITE: 8]

Overhead Press 4x6 | Lateral Raise 4x12-15 | Rear Delt Fly 3x15 [cite: 9]  
Close Grip Bench 3x8 | EZ Curl 3x10 | Overhead Extension 3x12 [cite: 10]



### DAY 5 - UPPER PUMP [CITE: 10]

Incline DB Press 3x12 | Lat Pulldown 3x12 | DB Shoulder Press 3x10 | Cable Lateral 3x15 | Rope Pushdown 3x15 | Cable Curl 3x15 [cite: 11]

### DAY 6 - CONDITIONING + ABS [CITE: 11]

Battle Rope Intervals x10 | Bike/Row 10 min [cite: 12]  
Abs Circuit x3 rounds [cite: 12]

### DAY 7 - REST / ACTIVE RECOVERY [CITE: 12]

## PEAK WEEK SUMMARY (SHOOT PREP)

- Day -7 to -4: Moderate carbs, high water (5-6 L), normal training [cite: 12]
- Day -3 to -2: Carb depletion, very high protein, water 6-7 L [cite: 13]
- Day -1: Carb load, water taper, light pump workout [cite: 14]
- Day 0: Coffee, small carbs + salt, pump & pose [cite: 14]

## THE VAULT RULES

No alcohol, no sugar, consistent salt, 7-8 hrs sleep, 4.5-5 L water daily. [cite: 14]