

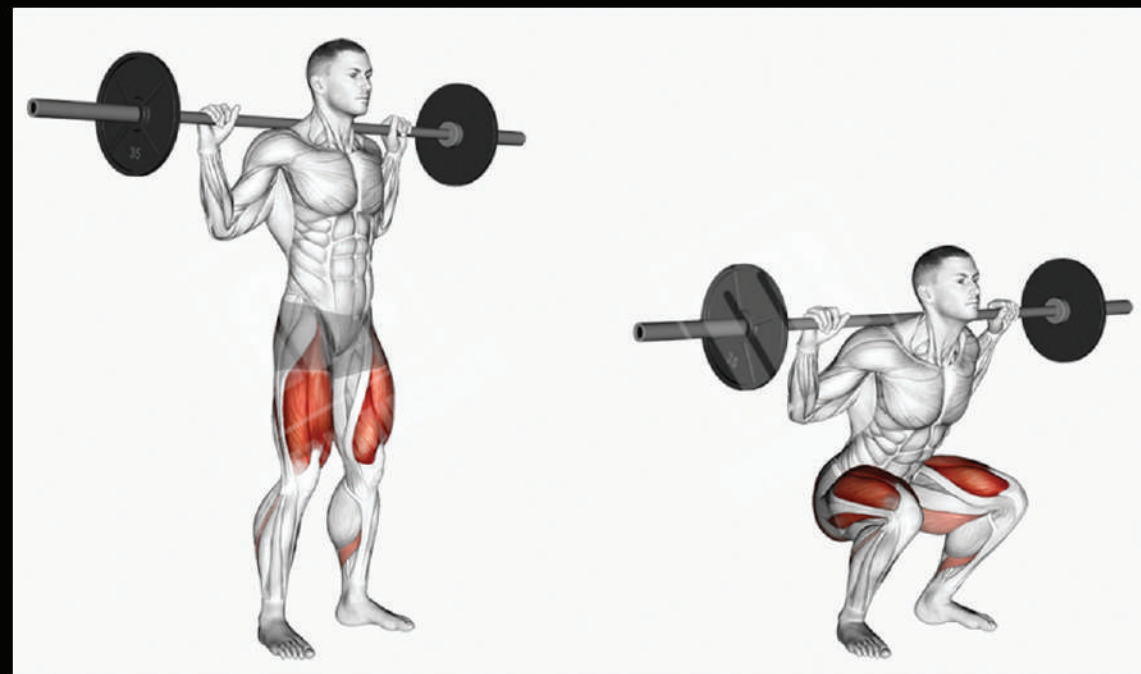
VENKAT FITNESS

Beginner Workout Pdf

TYPE 2B MUSCLE FIBER

LOWER BODY

BACK SQUAT



STIFF LEG DEAD LIFT CALF RAISERS

