**VENKAT FITNESS**

Beginner Workout Pdf

**TYPE I MUSCLE FIBER**

### UPPER BODY

**Smith Machine Bench Press**  
(3 Sets / 3rd Set Triple Drop)

**Dumbel Flys S/S Push Up**  
(2 Sets / Push Ups 1½ Rep +20)

**Side Lateral Running Rack**  
S/S Hammer Press (1½ Rep)

**Bench Dips**  
(20 Reps Very Slow)  
S/S Cable Skull Crushers  
(2 Sets, Last Set Triple Drop)

### LOWER BODY

**Leg Ext or Roman Squat**  
(Full Range of Motion 3 Sec Speed)

**Back Squat**  
1½ (25 Reps)

**Leg Curl (Drop Set) S/S**  
Walking Lunges (2 Rounds or 25 Steps)

**Calf Raisers Triple Drop Set**

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**Note:**

*Super Set = S/S*