

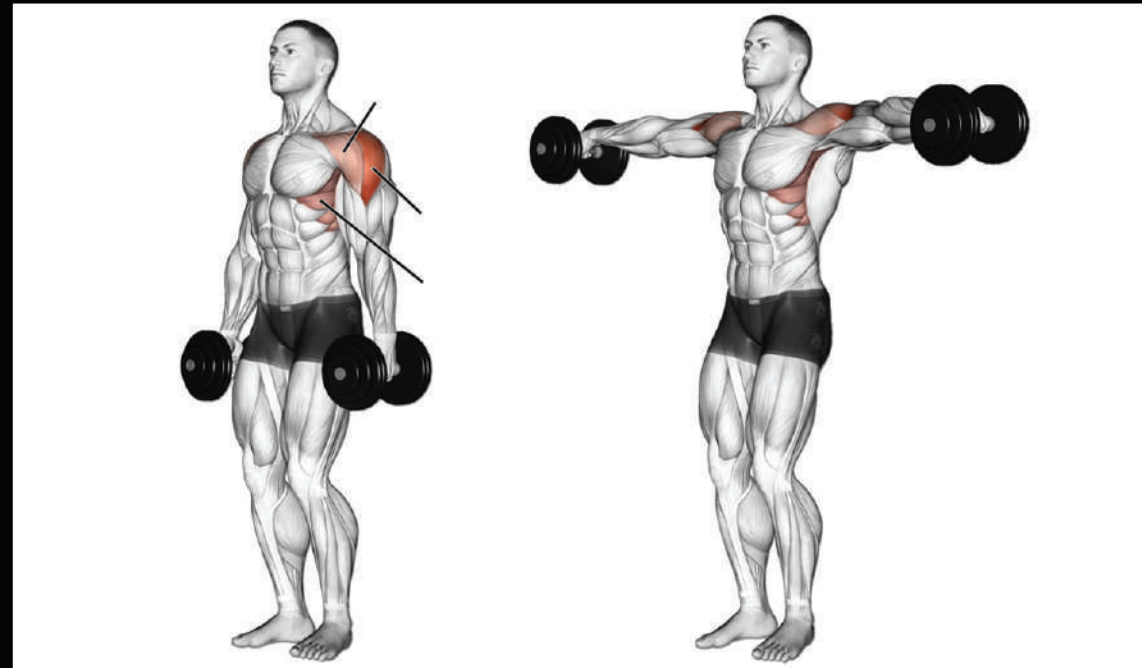
VENKAT FITNESS

Beginner Workout Pdf

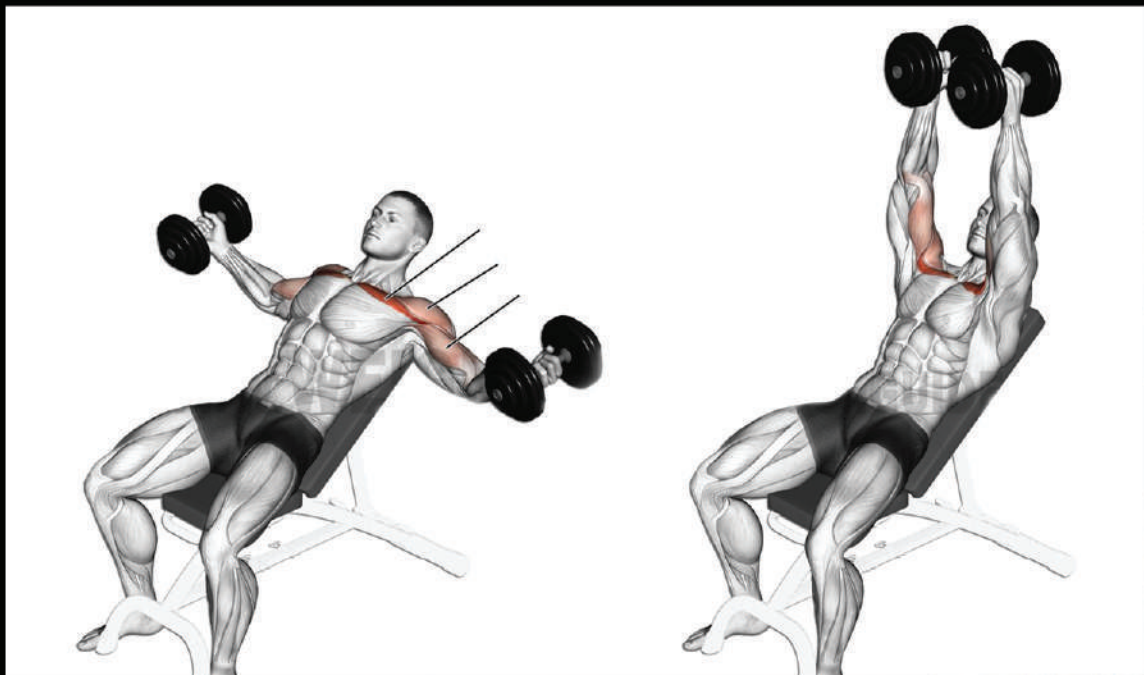
TYPE 2A MUSCLE FIBER

UPPER BODY

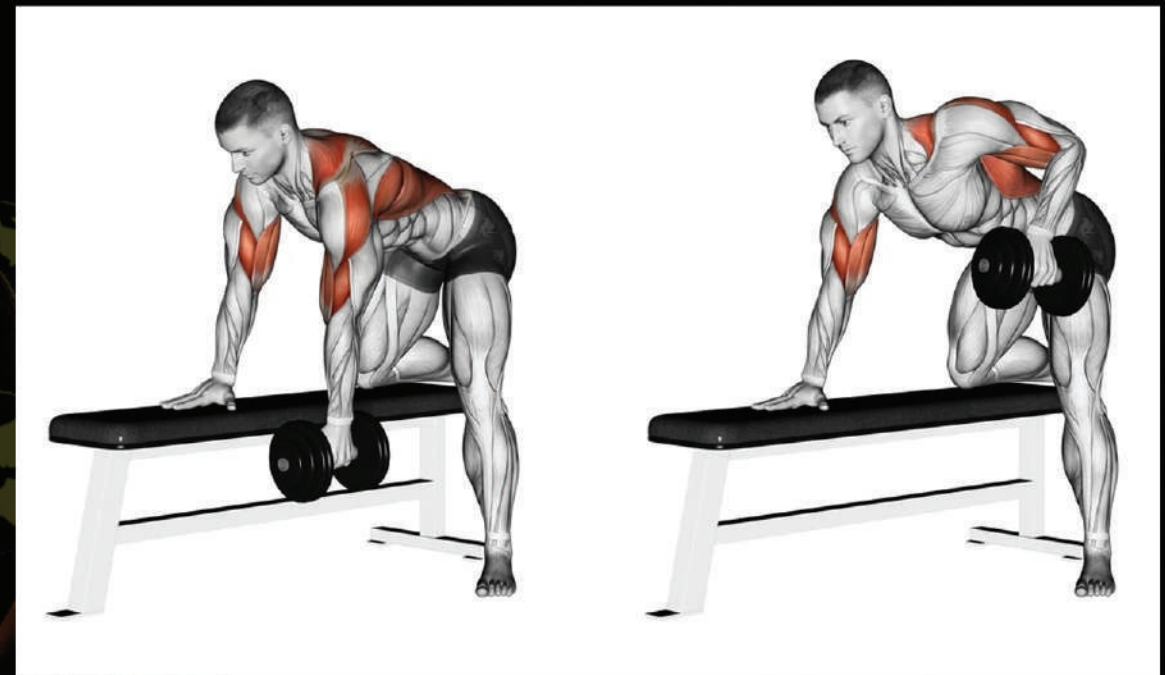
**DO THE SAME COMPOUNDS BUT ADD
SIDE LATERAL (SHOULDER)**



DUMBEL FLYS (CHEST)

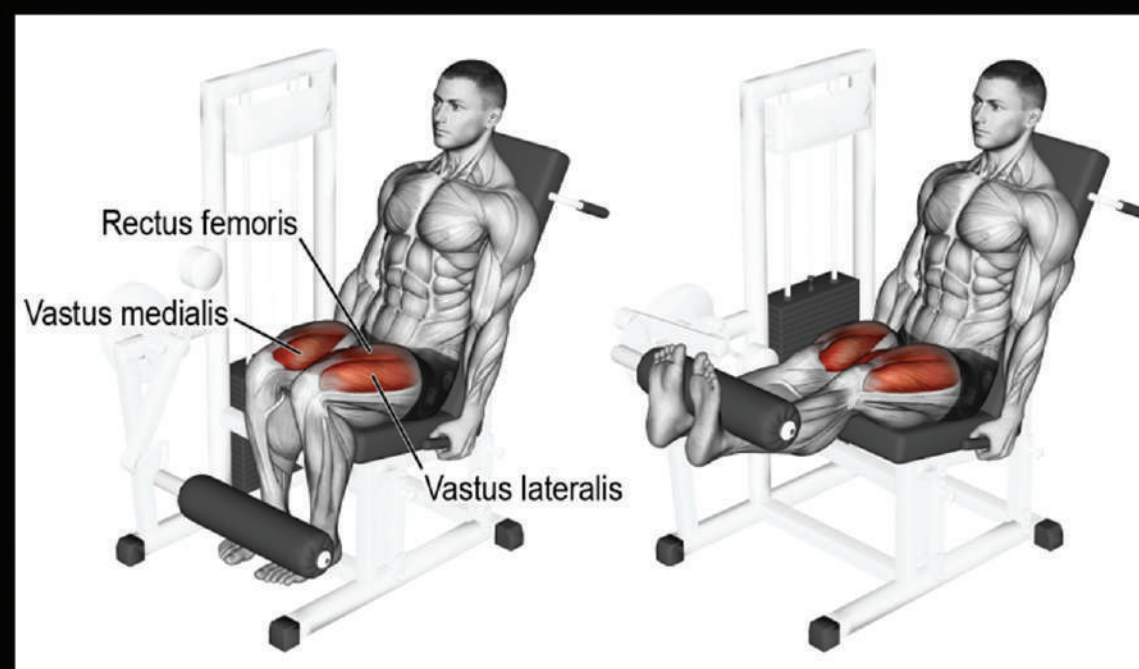


DUMBEL ROW OR V BAR ROW (BACK)

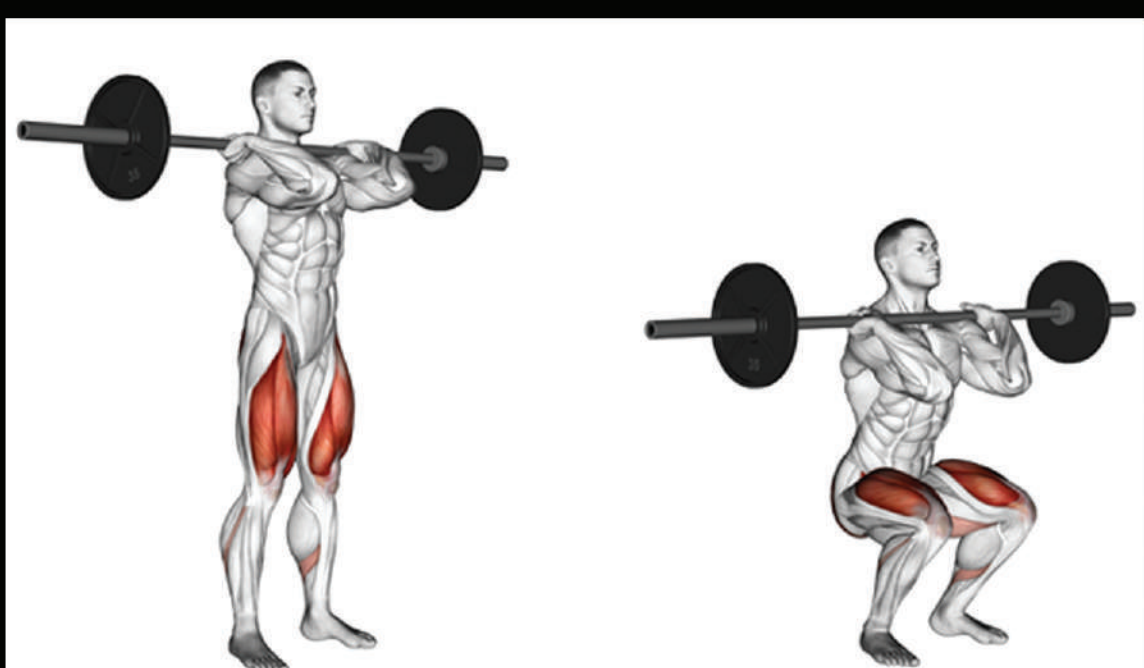


LOWER BODY

**DO THE SAME COMPOUNDS BUT ADD
LEG EXT**



FRONT SQUAT OR ROMAN SQUAT



STATIONARY LUNGES

