

VENTA'S 5/7 WORKOUT



Plan

- 1) Day I : Chest | Shoulders |
Biceps (p.2-8)
- 2) Day II : Back | Triceps (p.9-15)
- 3) Day III : Legs | Core(p.16-23)
- 4) Day IV : Chest | Back(p. 24-30)
- 5) Day V : Shoulders | Arms
(p.31-37)

Day 1

Chest
Muscle
Shoulders

Arms

1. Dumbbell Bench Press

Target Muscles:

- Primary: Pectoralis major
- Secondary: Triceps, anterior deltoids, core stabilizers

Execution:

Lie flat on a bench with a dumbbell in each hand, palms facing forward. Keep your feet firmly planted and your shoulder blades slightly retracted for stability. Inhale deeply, then press the dumbbells upward until your arms are extended without locking the elbows. Slowly lower the weights until they nearly touch your chest.

Tips & Mistakes to Avoid:

- Don't overarch your lower back.
- Avoid clashing the dumbbells together at the top.
- Maintain full control, especially during the descent.

Muscle Focus:

This exercise provides a full range of motion and balanced pectoral activation. The dumbbells engage stabilizers more than a barbell, improving symmetry and control.



2. Seated Overhead Press (Dumbbells)

Target Muscles:

- Primary: Shoulders, Anterior deltoids
- Secondary: Lateral deltoids, triceps, upper traps

Execution:

Sit upright on a bench with back support, holding dumbbells at shoulder height, palms facing forward. Engage your core, inhale, then press the dumbbells overhead until your arms are almost fully extended. Exhale at the top, then lower the weights slowly.

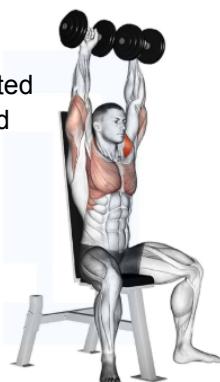
Tips & Mistakes to Avoid:

- Avoid leaning or arching your back.
- Keep elbows slightly forward, not directly out to the sides.
- Do not lock out the elbows.

Muscle Focus:

This movement isolates the shoulders effectively while strengthening the upper body stabilizers. Performing it seated eliminates lower-body momentum, ensuring focused deltoid activation.

3. Cable Bicep Curl



Target Muscles:

- Primary: Biceps brachii
- Secondary: Brachialis, forearms

Execution:

Stand facing the cable machine with the handle set at the lowest point. Hold the bar with an underhand grip, elbows tucked to your sides. Curl the bar up toward your shoulders while contracting your biceps, then slowly return to the start position.

Tips & Mistakes to Avoid:

- Keep your elbows fixed — don't swing them.
- Avoid using your back for momentum.
- Exhale while curling, inhale as you lower.

Muscle Focus:

The cable provides constant tension, maximizing time under tension and improving the quality of the bicep contraction for hypertrophy.

4. Incline Bench Press (Smith Machine)



Target Muscles:

- Primary: Upper pectorals
- Secondary: Front deltoids, triceps

Execution:

Set the bench to a 30–45° incline. Grip the bar slightly wider than shoulder width. Inhale, then lower the bar to just above your upper chest. Exhale as you press the bar back up in a controlled motion.

Tips & Mistakes to Avoid:

- Don't lower the bar too far — protect your shoulders.
- Keep your feet grounded and shoulder blades retracted.
- Don't lock the elbows at the top.

Muscle Focus:

The Smith Machine stabilizes the movement path, allowing greater focus on upper chest engagement and reducing the risk of injury from poor bar control.

5. Dumbbell Shrug



Target Muscles:

- Primary: Upper trapezius
- Secondary: Deltoids, forearms

Execution:

Hold a pair of dumbbells at your sides with straight arms. Inhale, then raise your shoulders straight up toward your ears, squeezing your traps at the top. Pause briefly, then lower slowly.

Tips & Mistakes to Avoid:

- Don't roll your shoulders.
- Keep your neck neutral.
- Avoid jerking the weights.

Muscle Focus:

Shrugs directly target the trapezius muscles, improving posture and neck stability. The key is to lift vertically and emphasize peak contraction.



6. Preacher Curl (Barbell)

Target Muscles:

- Primary: Biceps brachii
- Secondary: Brachialis, forearms

Execution:

Sit at a preacher bench with your upper arms resting on the pad. Hold a barbell with an underhand grip. Curl the bar toward your shoulders, then slowly lower it until your arms are nearly extended.

Tips & Mistakes to Avoid:

- Keep your arms glued to the pad.
- Don't drop the bar too quickly.
- Avoid locking your elbows at the bottom.

Muscle Focus:

This isolation move prevents cheating, forcing the biceps to work independently. It's excellent for developing the peak and definition of the upper arm.



Day 2

Back

Triceps

1. Cable Triceps Pushdown

Target Muscles:

- Primary: Triceps brachii

- Secondary: Forearms, rear deltoids (stabilization)

Execution:

Face the cable stack and grasp the straight bar with an overhand grip. Keep your elbows close to your body. Push the bar down until your arms are fully extended, then slowly return to the start position.

Tips & Mistakes to Avoid:

- Don't move your elbows forward or backward.
- Avoid swinging your torso.
- Keep your shoulders relaxed.

Muscle Focus:

Provides continuous tension for targeted triceps development, ideal for shape and arm definition.



2. Seated Cable Row

Target Muscles:

- Primary: Latissimus dorsi

- Secondary: Trapezius, rhomboids, biceps, rear deltoids

Execution:

Sit with your feet on the platform and knees slightly bent. Grab the handle and pull it toward your abdomen while keeping your back straight. Squeeze your shoulder blades together, then slowly return to the start.

Tips & Mistakes to Avoid:

- Lead the pull with your back, not your arms.
- Don't lean excessively backward.
- Maintain a stable torso throughout.

Muscle Focus:

A key exercise for building mid-back thickness and improving postural control. It enhances scapular retraction and overall pulling strength.



3. Skullcrusher (Barbell Lying Triceps Extension)

Target Muscles:

- Primary: Triceps brachii (long head emphasis)

- Secondary: Forearms, stabilizers

Execution:

Lie on a flat bench, holding a barbell or EZ bar above your chest. Bend your elbows to lower the bar toward your forehead or just behind your head, then extend back to the start.

Tips & Mistakes to Avoid:

- Keep elbows tight.
- Control the bar throughout the descent.
- Avoid using shoulder movement.

Muscle Focus:

One of the best isolation exercises for the triceps. The deep stretch of the long head increases muscle engagement and overall arm size.



4. Incline Dumbbell Row

Target Muscles:

- Primary: Lats, traps, rhomboids

- Secondary: Rear deltoids, biceps

Execution:

Lie chest-down on an incline bench, holding dumbbells with arms extended. Pull your elbows back toward your hips, squeezing your shoulder blades together. Slowly lower the weights back down.

Tips & Mistakes to Avoid:

- Keep your torso still — no swinging.
- Focus on pulling with your back muscles.
- Avoid rounding your spine.

Muscle Focus:

A controlled and isolated movement for building upper-back density and posture strength without overloading the lower back.



5. Cable Triceps Extension (Rope)

Target Muscles:

- Primary: Triceps brachii (lateral head)

- Secondary: Forearms, shoulders

Execution:

Attach a rope to the high pulley and hold it with palms facing each other. Keep elbows close to your sides and push the rope down, separating the ends at the bottom. Slowly return to the start.

Tips & Mistakes to Avoid:

- Don't raise your elbows.
- Maintain a stable core and neutral spine.
- Focus on the squeeze at full extension.

Muscle Focus:

The rope allows greater range of motion and isolation of all triceps heads, emphasizing definition and muscle tone.

6. Lat Pulldown (Machine)

Target Muscles:

- Primary: Latissimus dorsi



- Secondary: Trapezius, rhomboids, biceps

Execution:

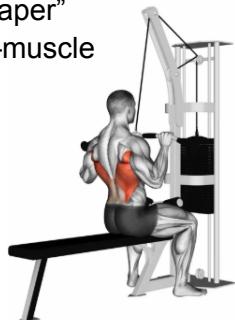
Grip the bar wider than shoulder width. Pull it down toward your upper chest while keeping your torso upright. Squeeze your shoulder blades together, then return slowly to the start.

Tips & Mistakes to Avoid:

- Avoid pulling behind the neck.
- Don't use momentum.
- Keep chest up and shoulders back.

Muscle Focus:

Widens and strengthens the back, creating a “V-taper” shape. Controlled movements improve the mind–muscle connection and maximize lat activation.



Day 3



1. Barbell Squat

Target Muscles:

- Primary: Quadriceps, glutes, hamstrings

- Secondary: Core, lower back, calves

Execution:

Place the bar across your upper back, grip firmly, and stand with feet shoulder-width apart. Inhale, brace your core, and lower down until your thighs are parallel to the floor. Drive through your heels to return to standing as you exhale.

Tips & Mistakes to Avoid:

- Keep knees aligned with your toes.
- Don't round or overarch your back.
- Avoid bouncing at the bottom.

Muscle Focus:

The squat is a foundational compound movement that builds lower-body strength, size, and power while enhancing overall athletic performance.



2. Hip Abductor (Machine)

Target Muscles:

- Primary: Gluteus medius

- Secondary: Gluteus minimus, hip stabilizers

Execution:

Sit on the machine with your back against the pad and legs inside the pads. Push your knees outward while contracting your glutes, then slowly return.

Tips & Mistakes to Avoid:

- Avoid jerky movements.
- Keep tension constant.
- Focus on squeezing your glutes, not just moving your knees.

Muscle Focus:

Strengthens the outer glutes, improving hip stability and symmetry. It complements compound leg work by targeting smaller supporting muscles.



3. Leg Extension (Machine)

Target Muscles:

- Primary: Quadriceps

Execution:

Sit with your back supported and your ankles under the roller pad. Extend your legs fully while contracting your quads, then lower them under control.

Tips & Mistakes to Avoid:

- Don't kick the weight.
- Avoid locking out your knees.
- Control the downward phase.

Muscle Focus:

An isolation exercise that refines the quads, improving definition and knee joint strength.



4. Lying Leg Curl (Machine)

Target Muscles:

- Primary: Hamstrings

- Secondary: Glutes, calves

Execution:

Lie face down on the machine, feet under the roller. Curl your legs toward your glutes, squeeze briefly, then slowly return.

Tips & Mistakes to Avoid:

- Keep your hips down on the pad.
- Don't rush the reps.
- Focus on smooth contractions.

Muscle Focus:

Develops the posterior chain and balances quad-to-hamstring strength for joint health and athletic performance.

5. Leg Press

Target Muscles:



- Primary: Quadriceps, glutes, hamstrings
- Secondary: Calves

Execution:

Sit in the machine with feet shoulder-width apart on the platform. Inhale, lower the weight until your knees form a 90° angle, then push back up through your heels while exhaling.

Tips & Mistakes to Avoid:

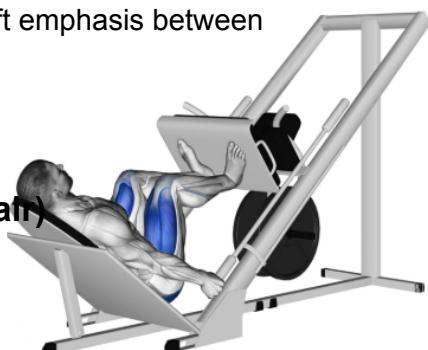
- Don't lock your knees at the top.
- Avoid rounding your lower back.
- Keep the motion slow and controlled.

Muscle Focus:

Allows safe heavy loading to stimulate mass in the lower body. Foot placement variations shift emphasis between quads and glutes.

6. Knee Raise (Captain's Chair)

Target Muscles:



- Primary: Rectus abdominis (lower abs)
- Secondary: Hip flexors, obliques

Execution:

Support yourself on the arm pads of the captain's chair, keeping your back against the pad. Raise your knees toward your chest while contracting your abs, then lower slowly without swinging.

Tips & Mistakes to Avoid:

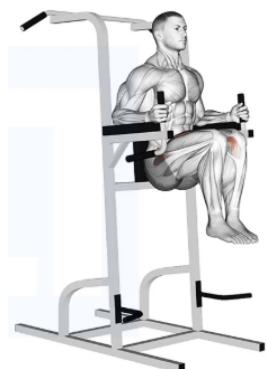
- Don't use momentum.
- Control both phases of the movement.
- Focus on squeezing the abs at the top.

Muscle Focus:

Targets the lower abdominal region and improves core control and trunk stability.

7. Crunch (3 series + 3 at home)

Target Muscles:



- Primary: Rectus abdominis
- Secondary: Obliques

Execution:

Lie on your back with knees bent and feet on the floor. Cross your arms over your chest or place your hands lightly behind your head. Contract your abs to lift your shoulders slightly off the floor, then return slowly.

Tips & Mistakes to Avoid:

- Don't pull your neck forward.
- Avoid large or fast movements.
- Keep constant abdominal tension.

Muscle Focus:

Strengthens the upper abs and builds core definition. Proper breathing and control make the crunch one of the most efficient ab exercises.



Day 4

Chest
Muscle
Back

Bench Press

p.2

A handwritten signature in grey ink that reads "Mai". The signature is fluid and cursive, with the letters "M" and "a" connected.

Seated

Cable Row

p.10

Incline

bench press

(Smith) p.5

Incline

dumbbell

row p.12

Mai

Chest Fly

Target Muscles:

- Primary: Pectoralis major

- Secondary: Anterior deltoids, biceps

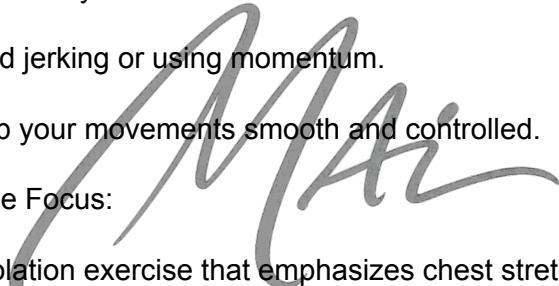
Execution:

Sit on the chest fly machine with your back flat and feet planted. Grip the handles with slightly bent elbows. Bring your arms together in front of you in a wide arc, then slowly return to the starting position, keeping constant tension on the chest.

Tips & Mistakes to Avoid:

- Don't lock your elbows.
- Avoid jerking or using momentum.
- Keep your movements smooth and controlled.

Muscle Focus:



An isolation exercise that emphasizes chest stretch and contraction, perfect for sculpting and shaping the pectoral muscles.

Lat pulldown

p.14

Mai

Day 5

Shoulders
Mai
Arms

Seated

overhead

press p.3

Incline Curl (Dumbbell)

Target Muscles:

- Primary: Biceps brachial
- Secondary: Brachialis, brachioradialis

Execution:

Sit back on an incline bench with a dumbbell in each hand, arms fully extended. With palms facing forward, curl the dumbbells upward by contracting your biceps. Hold briefly at the top, then slowly lower them to the starting position.

Tips & Mistakes to Avoid:

- Keep your upper arms still—avoid swinging.
- Don't let your elbows drift forward.
- Focus on a slow, controlled negative phase.

Muscle Focus:

This movement isolates the biceps through a greater range of motion, enhancing peak contraction and muscle definition.



Shoulder Press (Machine)

Target Muscles:

- Primary: Deltoids (anterior and medial heads)
- Secondary: Triceps, upper chest

Execution:

Sit with your back against the pad and grip the machine handles slightly wider than shoulder-width. Press the handles upward until your arms are extended but not locked. Lower the weight under control until your elbows are roughly at 90 degrees.

Tips & Mistakes to Avoid:

- Avoid lifting your shoulders toward your ears.
- Don't let the weight drop too quickly.
- Keep your head and neck neutral.

Muscle Focus:

A stable and safe variation for targeting shoulder strength and size, minimizing momentum while maximizing deltoid activation.



Seated

overhead

press p.13

Triceps

pushdown

p.9

