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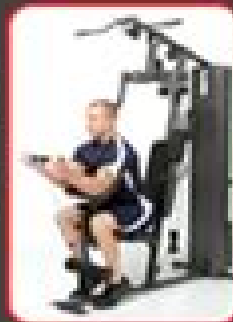
1. Pull the handles towards your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



BICEP CURL

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Curl the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

MUSCLES PRIMARILY INVOLVED:

1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Curl the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, keeping your arms straight.
3. Push the handle down towards your feet, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

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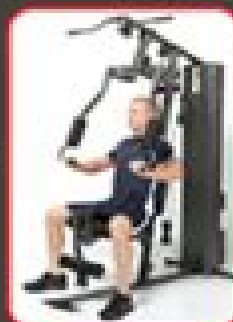
1. Pull the handles towards your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

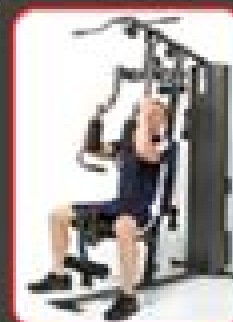
1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands, keeping your arms straight.
3. Pull the handle down towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES PRIMARILY INVOLVED:

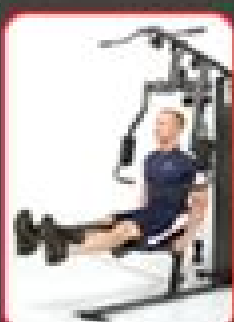
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, keeping your arms straight.
3. Press the handle up towards your head, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, keeping your arms straight.
3. Fly the handle out to the sides, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED:

1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands, keeping your arms straight.
3. Extend your legs outwards, keeping your feet flat on the floor.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, keeping your arms straight.
3. Curl your legs up towards your chest, keeping your feet flat on the floor.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, keeping your arms straight.
3. Kick your legs back, keeping your feet flat on the floor.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK OUTWARDS THIGH (ADDUCTORS)

MUSCLES PRIMARILY INVOLVED:

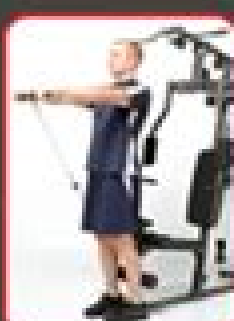
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, keeping your arms straight.
3. Kick your legs outwards, keeping your feet flat on the floor.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, keeping your arms straight.
3. Row the handle up towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RANGE

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, keeping your arms straight.
3. Move the handle forward, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK INWARDS THIGH (ABDUCTORS)

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, keeping your arms straight.
3. Kick your legs inwards, keeping your feet flat on the floor.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



Multi Gym Exercise Guide

Wenbin Ji

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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