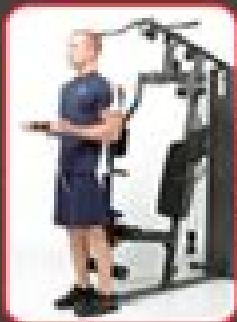




SEATED ROW

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

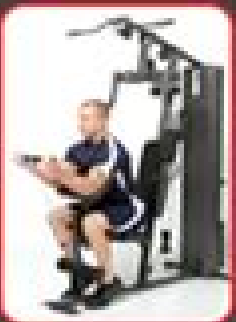
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

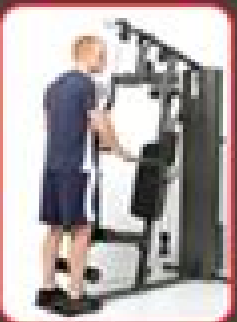
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

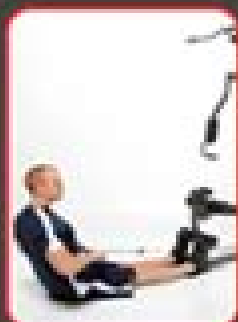
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES INVOLVED: Triceps.

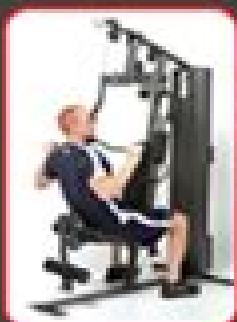
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and push them down towards your feet.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

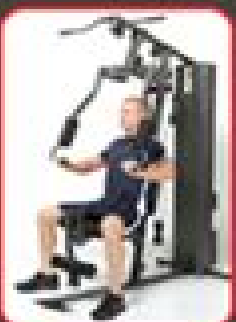
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

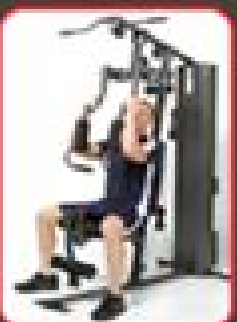
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES INVOLVED: Pectoralis major, triceps, and shoulders.

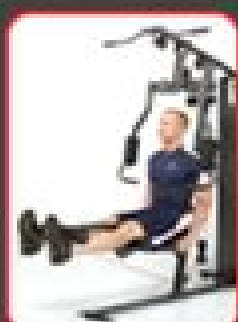
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and push them up towards your head.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

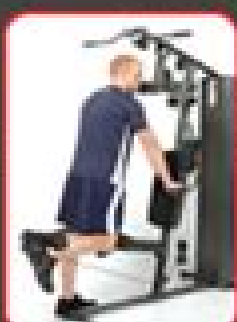
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LAT EXTENSION

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
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.



STANDING LEG CURL

MUSCLES INVOLVED: Biceps femoris, hamstrings, and glutes.

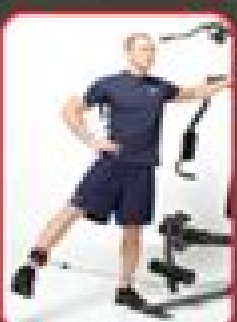
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LAT KICK BACK

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
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 KICK-OUTER THIGH (PIRIFORMIS)

MUSCLES INVOLVED: Piriformis, glutes, and hamstrings.

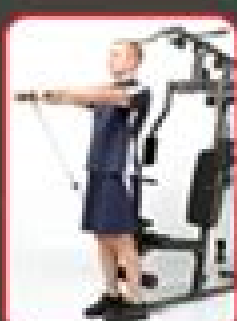
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES INVOLVED: Trapezius, rhomboids, and biceps.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
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.



FRONT SHOULDER RANGE

MUSCLES INVOLVED: Deltoids, pectoralis major, and biceps.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
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 KICK-OUTER THIGH (PIRIFORMIS)

MUSCLES INVOLVED: Piriformis, glutes, and hamstrings.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
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.



Multi Gym Exercise Guide

Victor M. Corman

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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