



#### SEATED ROW

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

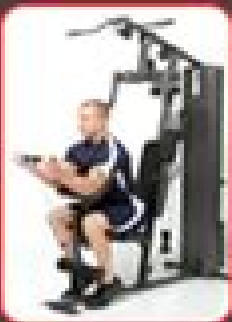
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat 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 hands on the handles.
3. Pull the handles down towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### SEATED ROW

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

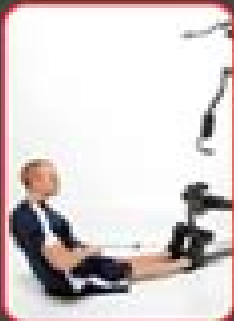
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### TRICEP PUSH-DOWN

**MUSCLES INVOLVED:** Triceps.

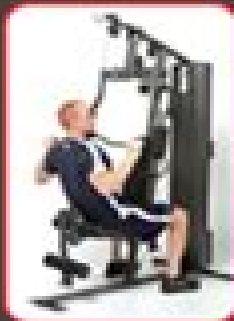
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your hands on the handles.
3. Push the handles down towards your feet, squeezing your triceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### SEATED ROW

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

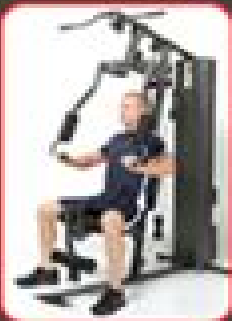
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat 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 hands on the handles.
3. Pull the handles down towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### STANDING BENCH PRESS

**MUSCLES INVOLVED:** Pectorals, triceps, and shoulders.

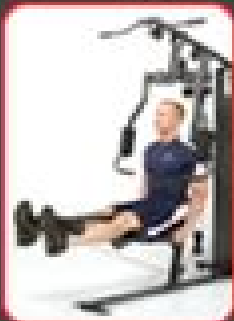
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your hands on the handles.
3. Press the handles up towards your chest, squeezing your pectorals and triceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### PECTORAL FLY

**MUSCLES INVOLVED:** Pectorals.

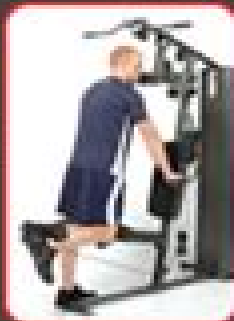
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your hands on the handles.
3. Fly the handles out to the sides, squeezing your pectorals.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired 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 hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### STANDING LEG CURL

**MUSCLES INVOLVED:** Biceps femoris, hamstrings, and glutes.

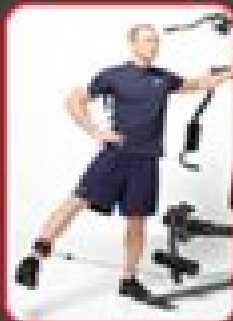
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your hands on the handles.
3. Curl the handles up towards your chest, squeezing your biceps femoris and hamstrings.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat 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. Sit on the machine with your feet on the footrests and your hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### LAT KICK OUT

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

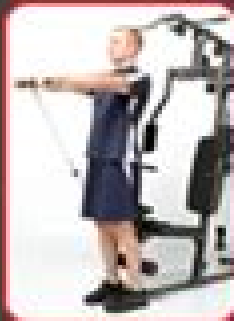
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat 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 hands on the handles.
3. Pull the handles up towards your chest, squeezing your trapezius and rhomboids.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### FRONT SHOULDER RAISE

**MUSCLES INVOLVED:** Deltoids and triceps.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your hands on the handles.
3. Raise the handles up towards your chest, squeezing your deltoids and triceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### LAT KICK OUT

**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 hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



# Multi Gym Instruction Chart

**Richard Bailey**

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.

## **Multi Gym Instruction Chart:**

## **Multi Gym Instruction Chart** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Multi Gym Instruction Chart**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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