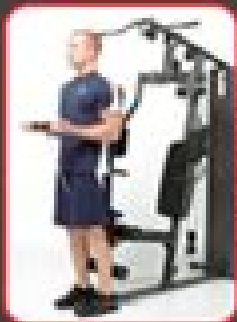




SEATED ROW

MUSCLES PRIMARILY INVOLVED:

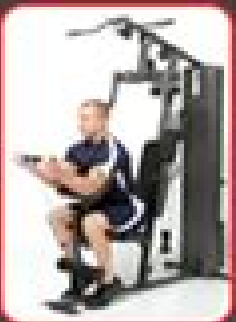
1. Pull the handles together.
2. Keep your feet in the foot plate and keep your back straight.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number 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:

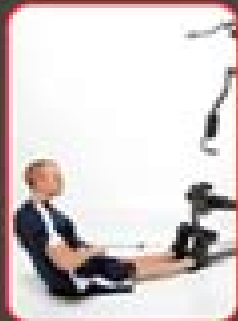
1. Sit on the machine with your feet in the foot plate.
2. Hold the handles with your hands shoulder-width apart.
3. Curl the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise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



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

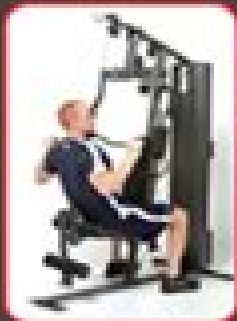
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Push the handle down towards your feet, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

MUSCLES PRIMARILY INVOLVED:

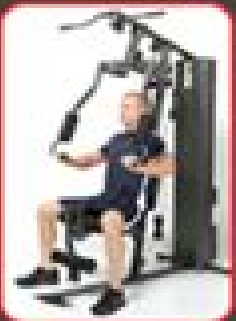
1. Pull the handles together.
2. Keep your feet in the foot plate and keep your back straight.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number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



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

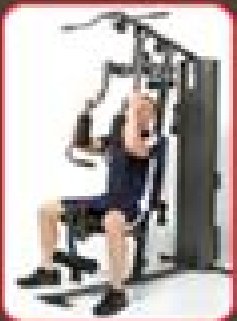
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Pull the handle down towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES PRIMARILY INVOLVED:

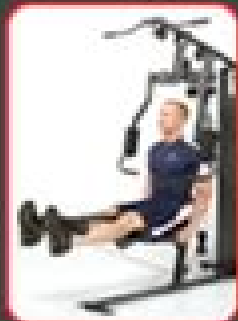
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Press the handle up towards your head, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Fly the handle out towards your 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 in the foot plate.
2. Extend your legs outwards, keeping your back straight.
3. Hold your legs outwards for a moment, then release them back to the starting position.
4. 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.
3. Curl your legs up towards your chest, keeping your back straight.
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.
3. Kick your legs back, keeping your back straight.
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 (ADDUCTION)

MUSCLES PRIMARILY INVOLVED:

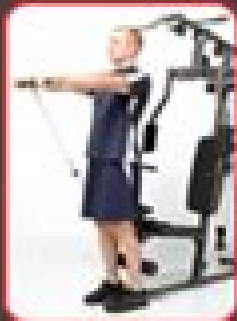
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Kick your legs outwards, keeping your back straight.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Row the handle up towards your chest, keeping your back straight.
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.
3. Move the handle up and down, keeping your back straight.
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 (ABDUCTION)

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Kick your legs inwards, keeping your back straight.
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

N Colangelo

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