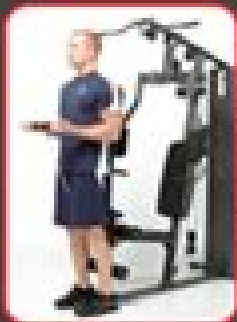




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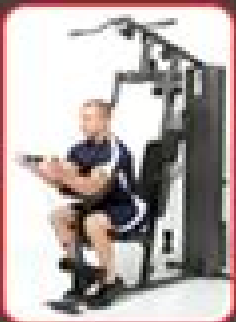
1. Pull the handle towards your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handle towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then slowly return it to the starting position.
5. Repeat the exercise for the desired number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



BICEP CURL

MUSCLES PRIMARILY INVOLVED

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Curl the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then slowly return it to the starting position.



PREACHER CURL

MUSCLES PRIMARILY INVOLVED

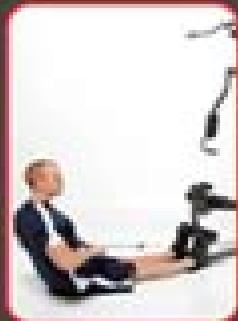
1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Curl the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then slowly return it to the starting position.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED

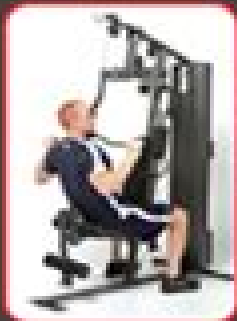
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Push the handle down towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then slowly return it to the starting position.



SEATED ROW

MUSCLES PRIMARILY INVOLVED

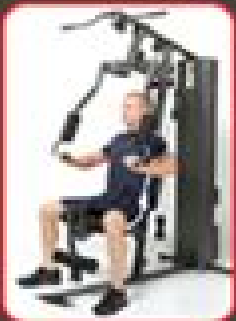
1. Pull the handle towards your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handle towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then slowly return it to the starting position.
5. Repeat the exercise for the desired number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



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED

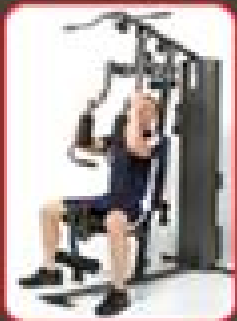
1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Pull the handle down towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then slowly return it to the starting position.



STANDING BENCH PRESS

MUSCLES PRIMARILY INVOLVED

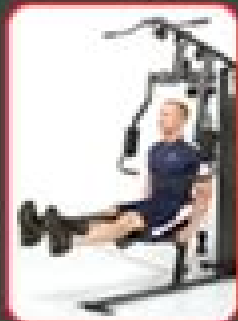
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Press the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then slowly return it to the starting position.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Fly the handle out towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then slowly return it to the starting position.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED

1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Extend your legs outwards, keeping your feet flat on the floor.
5. Hold the handle for a moment, then slowly return it to the starting position.



STANDING LEG CURL

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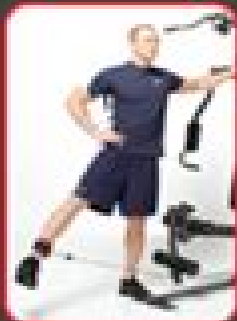
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Curl your legs up towards your chest, keeping your feet flat on the floor.
5. Hold the handle for a moment, then slowly return it to the starting position.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Kick your legs back, keeping your feet flat on the floor.
5. Hold the handle for a moment, then slowly return it to the starting position.



LEG KICK OUTWARD THRUST (PILATES FORM)

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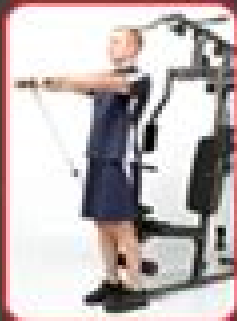
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Kick your legs outwards, keeping your feet flat on the floor.
5. Hold the handle for a moment, then slowly return it to the starting position.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Row the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then slowly return it to the starting position.



FRONT SHOULDER RAISE

MUSCLES PRIMARILY INVOLVED

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Raise the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then slowly return it to the starting position.



LEG KICK INWARD THRUST (PILATES FORM)

MUSCLES PRIMARILY INVOLVED

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Kick your legs inward, keeping your feet flat on the floor.
5. Hold the handle for a moment, then slowly return it to the starting position.



Multi Gym Instruction Chart

M Lipman

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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