

SEATED CRUNCH

MUSCLES PRIMARILY INVOLVED:

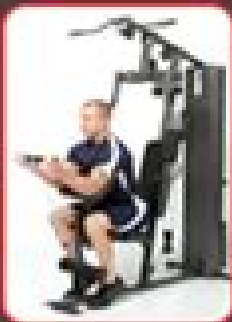
1. Flex the abdominal muscles.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



BICEP CURL

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



PREACHER CURL

MUSCLES PRIMARILY INVOLVED:

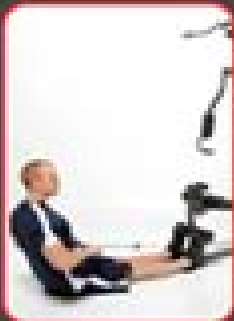
1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

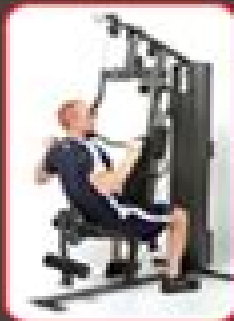
1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



SEATED ROW

MUSCLES PRIMARILY INVOLVED:

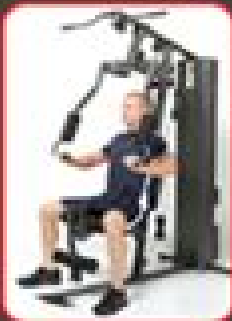
1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

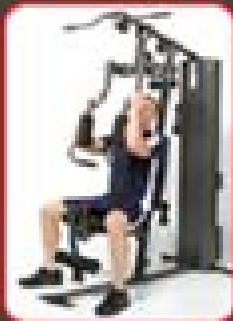
1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



STANDING BENCH PRESS

MUSCLES PRIMARILY INVOLVED:

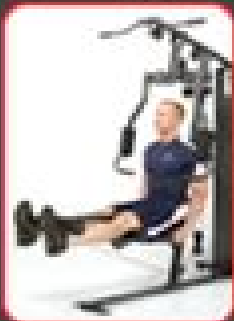
1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

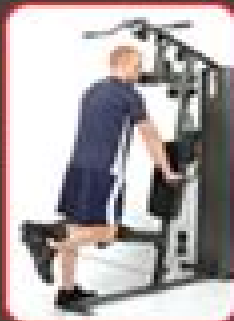
1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



STANDING LEG CURL

MUSCLES PRIMARILY INVOLVED:

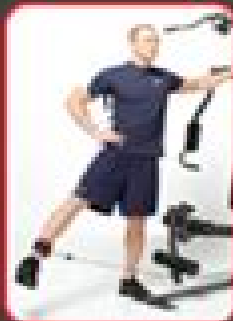
1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



LEG KICK OUTER THIGH (ADDUCTION)

MUSCLES PRIMARILY INVOLVED:

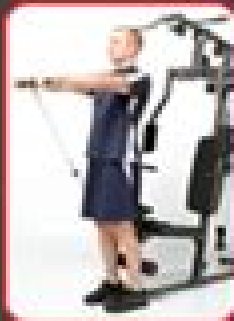
1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



FRONT SHOULDER RAISE

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



LEG KICK INNER THIGH (ABDUCTION)

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down towards the knees.
4. Push the handle back up towards the head.
5. Repeat the motion 10-15 times.



Multi Gym Exercise Guide

Tao Wei

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'Tao Wei' text.

Multi Gym Exercise Guide:

The book delves into Multi Gym Exercise Guide. Multi Gym Exercise Guide is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Multi Gym Exercise Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Multi Gym Exercise Guide
- Chapter 2: Essential Elements of Multi Gym Exercise Guide
- Chapter 3: Multi Gym Exercise Guide in Everyday Life
- Chapter 4: Multi Gym Exercise Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Multi Gym Exercise Guide. This chapter will explore what Multi Gym Exercise Guide is, why Multi Gym Exercise Guide is vital, and how to effectively learn about Multi Gym Exercise Guide.
3. In chapter 2, the author will delve into the foundational concepts of Multi Gym Exercise Guide. This chapter will elucidate the essential principles that need to be understood to grasp Multi Gym Exercise Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Multi Gym Exercise Guide in daily life. The third chapter will showcase real-world examples of how Multi Gym Exercise Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Multi Gym Exercise Guide in specific contexts. The fourth chapter will explore how Multi Gym Exercise Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Multi Gym Exercise Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Multi Gym Exercise Guide.

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