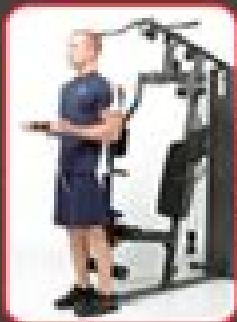




SEATED ROW

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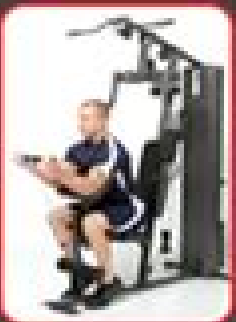
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



BICEP CURL

MUSCLES PRIMARILY INVOLVED:

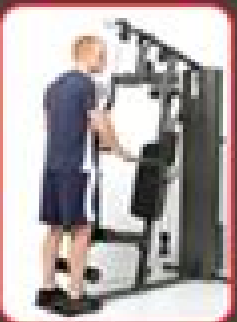
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Curl the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.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



PREACHER CURL

MUSCLES PRIMARILY INVOLVED:

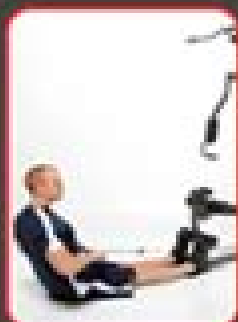
1. Sit on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Curl the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

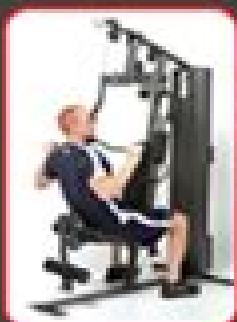
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Push the handle down towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.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



SEATED ROW

MUSCLES PRIMARILY INVOLVED:

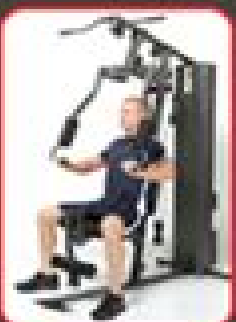
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

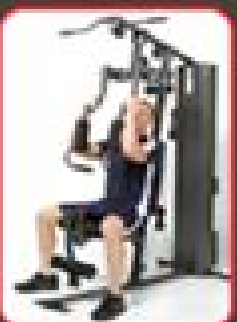
1. Sit on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Pull the handle down towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

MUSCLES PRIMARILY INVOLVED:

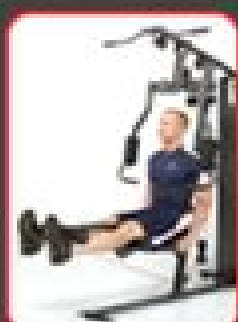
1. Lie on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Press the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

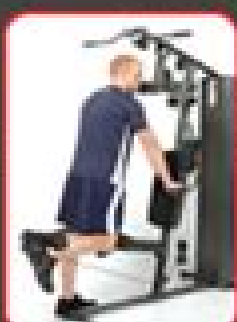
1. Lie on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Fly the handle out towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED:

1. Lie on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Extend your legs out towards your feet, keeping your knees close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

MUSCLES PRIMARILY INVOLVED:

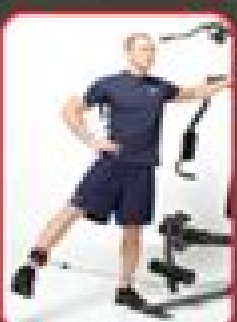
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Curl the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.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



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Lie on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Kick your legs back towards your feet, keeping your knees close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK OUTWARD THIGH (ABDUCTION)

MUSCLES PRIMARILY INVOLVED:

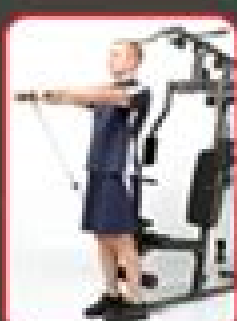
1. Lie on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Kick your legs outwards towards your feet, keeping your knees close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. 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, 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 return it to the starting position.
6. 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, 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 return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK INWARD THIGH (ADDUCTION)

MUSCLES PRIMARILY INVOLVED:

1. Lie on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Kick your legs inwards towards your feet, keeping your knees close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



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Didier Musso



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Table of Contents Multi Gym Exercise Guide

1. Understanding the eBook Multi Gym Exercise Guide
 - The Rise of Digital Reading Multi Gym Exercise Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Multi Gym Exercise Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Multi Gym Exercise Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Multi Gym Exercise Guide
 - Personalized Recommendations
 - Multi Gym Exercise Guide User Reviews and Ratings
 - Multi Gym Exercise Guide and Bestseller Lists

5. Accessing Multi Gym Exercise Guide Free and Paid eBooks
 - Multi Gym Exercise Guide Public Domain eBooks
 - Multi Gym Exercise Guide eBook Subscription Services
 - Multi Gym Exercise Guide Budget-Friendly Options
6. Navigating Multi Gym Exercise Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Multi Gym Exercise Guide Compatibility with Devices
 - Multi Gym Exercise Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Multi Gym Exercise Guide
 - Highlighting and Note-Taking Multi Gym Exercise Guide
 - Interactive Elements Multi Gym Exercise Guide
8. Staying Engaged with Multi Gym Exercise Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Multi Gym Exercise Guide
9. Balancing eBooks and Physical Books Multi Gym Exercise Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Multi Gym Exercise Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Multi Gym Exercise Guide
 - Setting Reading Goals Multi Gym Exercise Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Multi Gym Exercise Guide
 - Fact-Checking eBook Content of Multi Gym Exercise Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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