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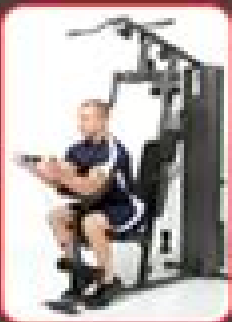
1. Pull the handles together.
2. Keep your feet in the foot plate and keep your back straight.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number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

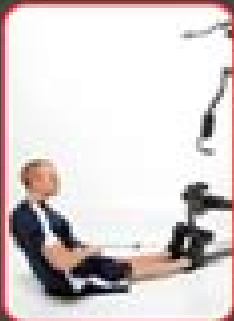
1. Sit on the machine with your feet in the foot plate.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise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



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

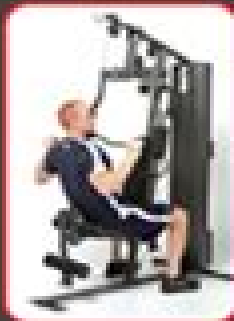
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Push the handle down towards your feet, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

MUSCLES PRIMARILY INVOLVED:

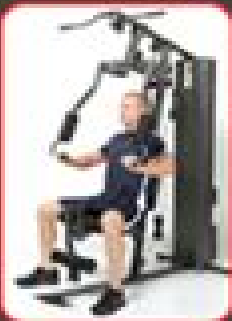
1. Pull the handles together.
2. Keep your feet in the foot plate and keep your back straight.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number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



LAT PULL-DOWN

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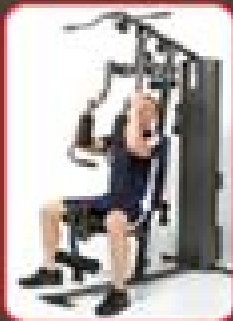
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Pull the handle down towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES PRIMARILY INVOLVED:

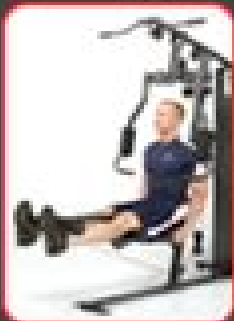
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Press the handle up towards your head, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

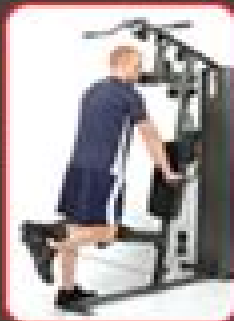
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Fly the handle out towards your sides, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED:

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



STANDING LEG CURL

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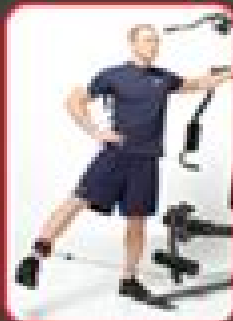
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Curl the handle up towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Kick the handle back 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.



LEG KICK OUT

MUSCLES PRIMARILY INVOLVED:

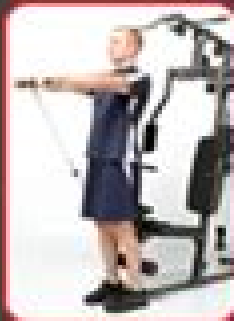
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Kick the handle out towards your sides, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



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 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.



FRONT SHOULDER RAISE

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Raise 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.



LEG KICK OUT

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Kick 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.



Multi Gym Exercise Guide

David Kirk

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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