



SEATED BENCH PRESS
MUSCLE EMPHASIS: PECTORALIS



PECTORAL FLY
MUSCLE EMPHASIS: PECTORALIS



TRICEP PUSH-DOWN
MUSCLE EMPHASIS: TRICEPS



WIDE LAT PULL-DOWN
MUSCLE EMPHASIS: LATISSIMUS DORSI



SEATED BICEP CURL
MUSCLE EMPHASIS: BICEPS



STANDING BICEP CURL
MUSCLE EMPHASIS: BICEPS



HIGH PULLEY AB CRUNCH
MUSCLE EMPHASIS: ABS/COAS



SEATED LEG EXTENSION
MUSCLE EMPHASIS: QUADRICEPS



LEG CURL
MUSCLE EMPHASIS: HAMSTRINGS



OUTER LEG KICK
MUSCLE EMPHASIS: OUTER THIGH



LEG KICK BACK
MUSCLE EMPHASIS: GLUTES/LEG



INNER LEG KICK
MUSCLE EMPHASIS: INNER THIGH



FRONT DELTOID RAISE
MUSCLE EMPHASIS: FRONT DELTOIDS



UPRIGHT ROW
MUSCLE EMPHASIS: DELTOID/TRAPEZIUS

Home Multi Gym Workouts Guide

L Manion

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

Home Multi Gym Workouts Guide:

Unveiling the Magic of Words: A Report on "**Home Multi Gym Workouts Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Home Multi Gym Workouts Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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