

#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED**

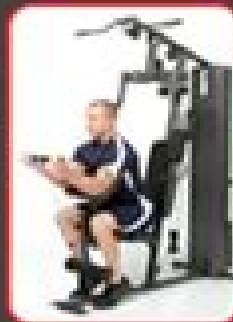
1. Pull the handle towards your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handle towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number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



#### BICEP CURL

**MUSCLES PRIMARILY INVOLVED**

1. Stand with feet shoulder-width apart.
2. Hold the 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 release it back 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 release it back 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 release it back to the starting position.



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED**

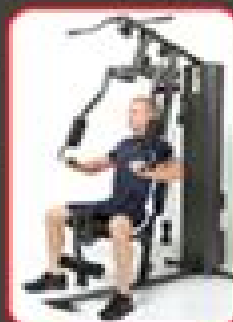
1. Pull the handle towards your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handle towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number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



#### LAT PULL-DOWN

**MUSCLES PRIMARILY INVOLVED**

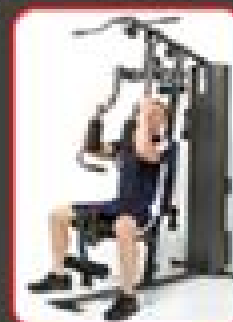
1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Pull the handle down towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it back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



#### STANDING BENCH PRESS

**MUSCLES PRIMARILY INVOLVED**

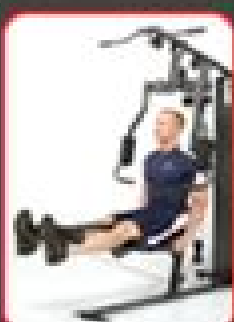
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Press the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it back to the starting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



#### 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 your legs up towards your chest, keeping your knees close to your body.
5. Hold the handle for a moment, then release it back 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 towards your chest, keeping your knees close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### LEG KICK OUT

**MUSCLES PRIMARILY INVOLVED**

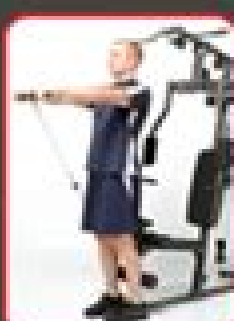
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Kick your legs out towards your chest, keeping your knees close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### 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 release it back 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 release it back to the starting position.



#### LEG KICK OVER

**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 over towards your chest, keeping your knees close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



# Multi Gym Exercise Guide

**Sarah Bolitho, Paul Conway**



## **Multi Gym Exercise Guide:**

## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Multi Gym Exercise Guide**

In a global inundated with monitors and the cacophony of immediate interaction, the profound power and emotional resonance of verbal art usually fade in to obscurity, eclipsed by the constant assault of noise and distractions. However, set within the musical pages of **Multi Gym Exercise Guide**, a captivating perform of literary brilliance that pulses with raw thoughts, lies an unique journey waiting to be embarked upon. Penned with a virtuoso wordsmith, this magical opus courses readers on a psychological odyssey, gently revealing the latent possible and profound impact stuck within the delicate internet of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is key styles, dissect their captivating writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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