

SEATED CRUNCH

MUSCLES PRIMARILY INVOLVED:

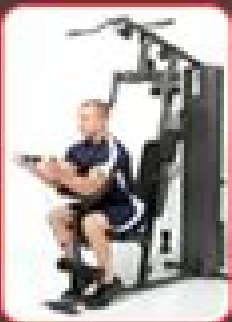
1. Flex the abdominal muscles.
2. Bend knees and feet in the air while pulling the handle down.
3. Pull the handle down to your knees.
4. Push the handle back up to the starting position.
5. Repeat the movement for the desired number of repetitions.



BICEP CURL

MUSCLES PRIMARILY INVOLVED:

1. Flex the bicep muscles.
2. Bend the elbow to bring the handle up to the shoulder.
3. Push the handle back down to the starting position.
4. Repeat the movement for the desired number of repetitions.



PREACHER CURL

MUSCLES PRIMARILY INVOLVED:

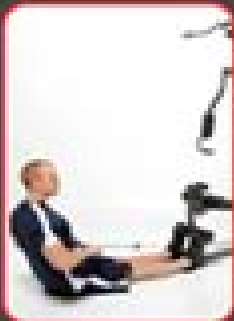
1. Flex the bicep muscles.
2. Bend the elbow to bring the handle up to the shoulder.
3. Push the handle back down to the starting position.
4. Repeat the movement for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

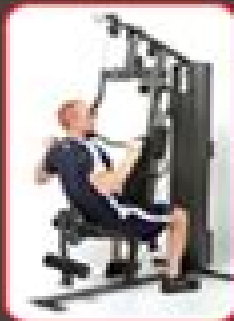
1. Flex the tricep muscles.
2. Bend the elbow to bring the handle down.
3. Push the handle back up to the starting position.
4. Repeat the movement for the desired number of repetitions.



SEATED ROW

MUSCLES PRIMARILY INVOLVED:

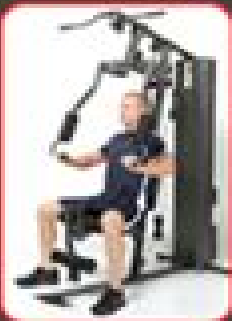
1. Flex the back muscles.
2. Pull the handle towards the chest.
3. Push the handle back to the starting position.
4. Repeat the movement for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

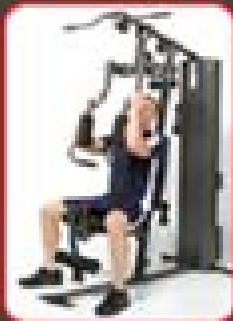
1. Flex the back muscles.
2. Pull the handle down towards the chest.
3. Push the handle back to the starting position.
4. Repeat the movement for the desired number of repetitions.



STANDING BENCH PRESS

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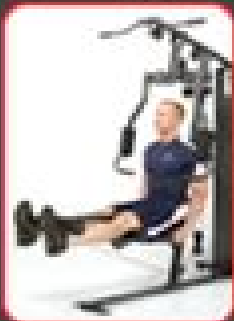
1. Flex the shoulder muscles.
2. Push the handle up and out.
3. Pull the handle back to the starting position.
4. Repeat the movement for the desired number of repetitions.



PECTORAL FLY

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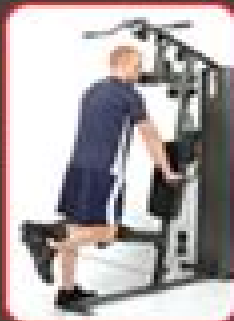
1. Flex the chest muscles.
2. Pull the handle out and down.
3. Push the handle back to the starting position.
4. Repeat the movement for the desired number of repetitions.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED:

1. Flex the leg muscles.
2. Push the handle up and out.
3. Pull the handle back to the starting position.
4. Repeat the movement for the desired number of repetitions.



STANDING LEG CURL

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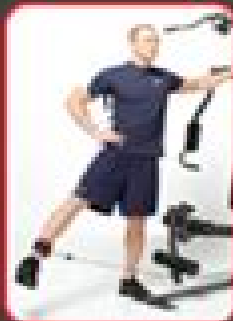
1. Flex the leg muscles.
2. Pull the handle up to the knee.
3. Push the handle back to the starting position.
4. Repeat the movement for the desired number of repetitions.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Flex the leg muscles.
2. Kick the leg back.
3. Pull the leg back to the starting position.
4. Repeat the movement for the desired number of repetitions.



LEG KICK OUT TO THE SIDE

MUSCLES PRIMARILY INVOLVED:

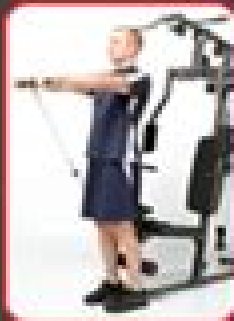
1. Flex the leg muscles.
2. Kick the leg out to the side.
3. Pull the leg back to the starting position.
4. Repeat the movement for the desired number of repetitions.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED:

1. Flex the shoulder muscles.
2. Pull the handle up to the chest.
3. Push the handle back to the starting position.
4. Repeat the movement for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLES PRIMARILY INVOLVED:

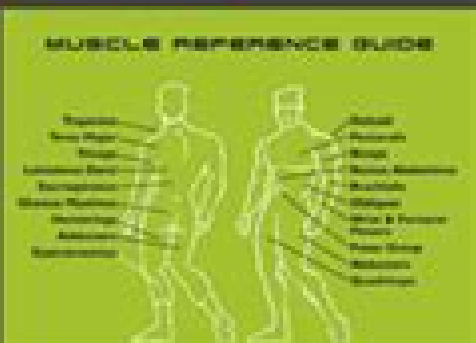
1. Flex the shoulder muscles.
2. Raise the handle up to the shoulder.
3. Push the handle back to the starting position.
4. Repeat the movement for the desired number of repetitions.



LEG KICK OVER THE HEAD

MUSCLES PRIMARILY INVOLVED:

1. Flex the leg muscles.
2. Kick the leg over the head.
3. Pull the leg back to the starting position.
4. Repeat the movement for the desired number of repetitions.



Multi Gym Exercise Guide

Ensheng Dong



Multi Gym Exercise Guide:

Multi Gym Exercise Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Multi Gym Exercise Guide**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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