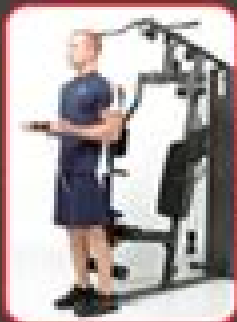




SEATED ROW

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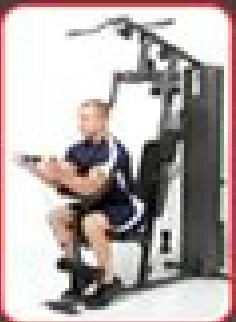
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



BICEP CURL

MUSCLES PRIMARILY INVOLVED:

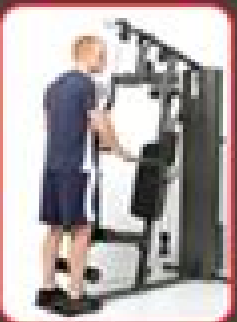
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Curl the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.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



PREACHER CURL

MUSCLES PRIMARILY INVOLVED:

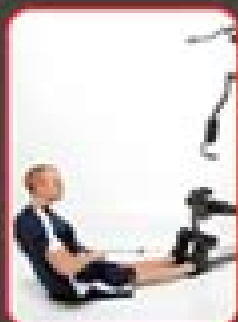
1. Sit on the machine with your feet on the foot plate.
2. Rest your upper arms on the pads, with your elbows pointing forward.
3. Hold the handle with both hands, palms facing forward.
4. Curl the handle up towards your chest, keeping your elbows on the pads.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

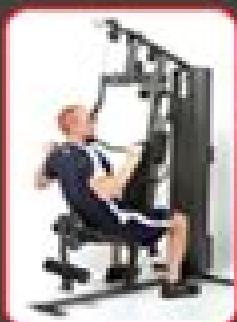
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Push the handle down towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.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



SEATED ROW

MUSCLES PRIMARILY INVOLVED:

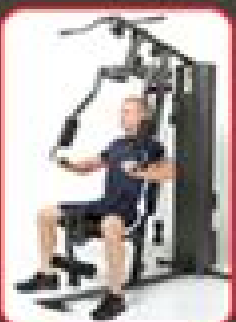
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

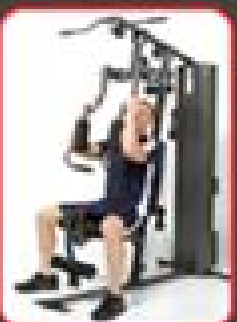
1. Sit on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Pull the handle down towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the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



STANDING BENCH PRESS

MUSCLES PRIMARILY INVOLVED:

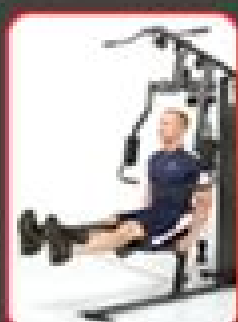
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Push the handle up towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number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



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

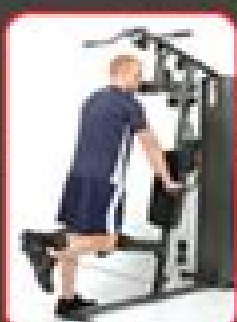
1. Sit on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Fly the handle out to the sides, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED:

1. Sit on the machine with your feet on the foot plate.
2. Push the handle up towards your chest, keeping your elbows close to your body.
3. Hold the handle for a moment, then return it to the starting position.
4. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

MUSCLES PRIMARILY INVOLVED:

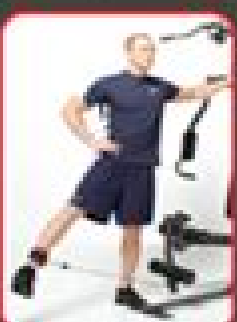
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Curl the handle up towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number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



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Kick the handle back towards 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.



LEG KICK OUT

MUSCLES PRIMARILY INVOLVED:

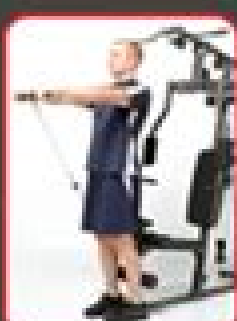
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Kick the handle out to the side, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Row the handle up towards 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.



FRONT SHOULDER RAISE

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Raise the handle up towards 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.



LEG KICK OUT

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Kick the handle out to the side, 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.



Multi Gym Exercise Guide

Liyong Dong

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