

### ABDOMINAL CRUNCH

**MUSCLE GROUPS:** Rectus abdominis, external oblique, internal oblique, transverse abdominis.

**HOW TO PERFORM:**

1. Sit on the machine with your feet flat on the floor and your hands resting on your knees.
2. Lean back slightly and lift your shoulders off the seat.
3. Inhale and hold your breath.
4. Exhale and crunch forward, bringing your knees towards your chest.
5. Inhale and return to the starting position.
6. Repeat for the desired number of repetitions.



### BICEP CURL

**MUSCLE GROUPS:** Biceps brachii, brachialis, brachioradialis.

**HOW TO PERFORM:**

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Keep your elbows close to your body and your upper arms stationary.
3. Inhale and hold your breath.
4. Exhale and curl the weights up towards your shoulders.
5. Inhale and return to the starting position.
6. Repeat for the desired number of repetitions.



### PREACHER CURL

**MUSCLE GROUPS:** Biceps brachii, brachialis, brachioradialis.

**HOW TO PERFORM:**

1. Sit on the machine with your feet flat on the floor and your hands on the machine's handles.
2. Lean forward and rest your forearms on the machine's pads.
3. Inhale and hold your breath.
4. Exhale and curl the weights up towards your shoulders.
5. Inhale and return to the starting position.
6. Repeat for the desired number of repetitions.



### TRICEP PUSH-DOWN

**MUSCLE GROUPS:** Triceps brachii.

**HOW TO PERFORM:**

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Keep your elbows close to your body and your upper arms stationary.
3. Inhale and hold your breath.
4. Exhale and push the weights down towards your feet.
5. Inhale and return to the starting position.
6. Repeat for the desired number of repetitions.

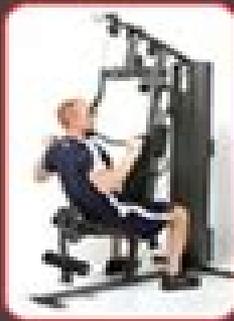


### SEATED ROW

**MUSCLE GROUPS:** Latissimus dorsi, rhomboid major, rhomboid minor, trapezius, erector spinae.

**HOW TO PERFORM:**

1. Sit on the machine with your feet flat on the floor and your hands on the machine's handles.
2. Pull the handles towards your chest, keeping your elbows close to your body.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### LAT PULL-DOWN

**MUSCLE GROUPS:** Latissimus dorsi, trapezius, rhomboid major, rhomboid minor.

**HOW TO PERFORM:**

1. Sit on the machine with your feet flat on the floor and your hands on the machine's handles.
2. Pull the handles down towards your chest, keeping your elbows close to your body.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### STANDING BENCH PRESS

**MUSCLE GROUPS:** Pectoralis major, pectoralis minor, anterior deltoid, triceps brachii.

**HOW TO PERFORM:**

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Press the weights up towards your forehead, keeping your elbows close to your body.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### PECTORAL FLY

**MUSCLE GROUPS:** Pectoralis major, pectoralis minor.

**HOW TO PERFORM:**

1. Sit on the machine with your feet flat on the floor and your hands on the machine's handles.
2. Pull the handles outwards and upwards, keeping your elbows close to your body.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### LEG EXTENSION

**MUSCLE GROUPS:** Rectus femoris, vastus medialis, vastus lateralis, vastus intermedius.

**HOW TO PERFORM:**

1. Sit on the machine with your feet flat on the floor and your hands on the machine's handles.
2. Extend your legs forward, keeping your feet flat on the machine's pads.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### STANDING LEG CURL

**MUSCLE GROUPS:** Biceps femoris, semitendinosus, semimembranosus.

**HOW TO PERFORM:**

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Curl your legs up towards your buttocks, keeping your feet flat on the machine's pads.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### LEG KICK BACK

**MUSCLE GROUPS:** Gluteus maximus, biceps femoris, semitendinosus, semimembranosus.

**HOW TO PERFORM:**

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Kick your legs back, keeping your feet flat on the machine's pads.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### LEG KICK OUT ON MACHINE

**MUSCLE GROUPS:** Gluteus maximus, biceps femoris, semitendinosus, semimembranosus.

**HOW TO PERFORM:**

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Kick your legs out to the side, keeping your feet flat on the machine's pads.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### UPRIGHT ROW

**MUSCLE GROUPS:** Trapezius, levator scapulae, rhomboid major, rhomboid minor, erector spinae.

**HOW TO PERFORM:**

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Pull the handles up towards your chest, keeping your elbows close to your body.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### FRONT SHOULDER RAISE

**MUSCLE GROUPS:** Deltoid anterior, coracobrachialis, pectoralis major, pectoralis minor.

**HOW TO PERFORM:**

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Raise your arms forward, keeping your elbows close to your body.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### LEG CURL WITH THEIR PRODUCTION

**MUSCLE GROUPS:** Biceps femoris, semitendinosus, semimembranosus.

**HOW TO PERFORM:**

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Curl your legs up towards your buttocks, keeping your feet flat on the machine's pads.
3. Inhale and hold your breath.
4. Exhale and return to the starting position.
5. Repeat for the desired number of repetitions.



### MUSCLE REFERENCE SLIDE



# Multigym Workout Manual

**DP Hallahan**



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