



SEATED ROW

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL DOWN

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

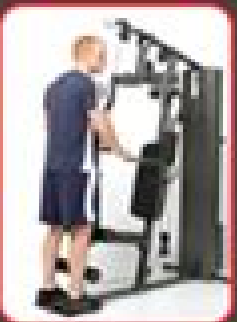
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and pull it down towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

MUSCLES INVOLVED: Biceps brachii, brachialis, and brachioradialis.

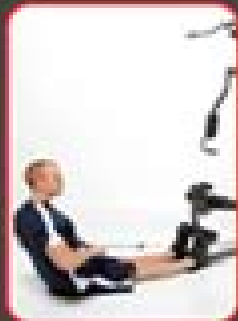
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and curl it up towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH DOWN

MUSCLES INVOLVED: Triceps brachii.

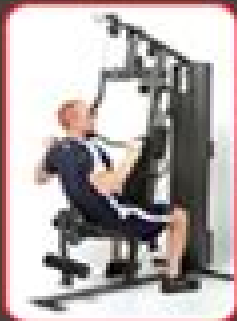
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and push it down towards your feet.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

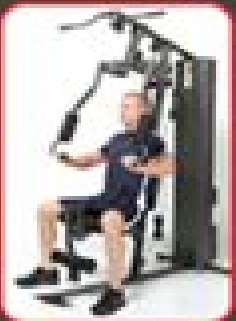
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL DOWN

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

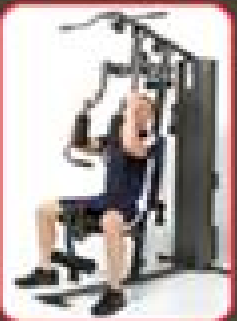
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and pull it down towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES INVOLVED: Pectoralis major, triceps, and shoulders.

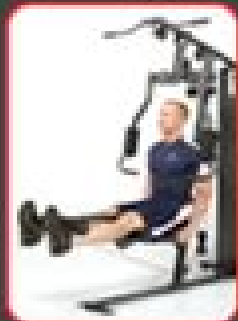
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and press it up towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES INVOLVED: Pectoralis major.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and fly it out towards your sides.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

MUSCLES INVOLVED: Rectus femoris, vastus medialis, and vastus lateralis.

1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and extend your legs outwards.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

MUSCLES INVOLVED: Biceps femoris, semitendinosus, and semimembranosus.

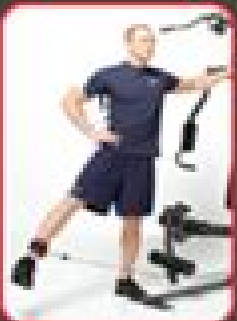
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and curl your legs up towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK BACK

MUSCLES INVOLVED: Gluteus maximus, biceps femoris, and hamstrings.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and kick your legs back.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK OUT

MUSCLES INVOLVED: Gluteus maximus, biceps femoris, and hamstrings.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and kick your legs out.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES INVOLVED: Trapezius, rhomboids, and biceps.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and row it up towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLES INVOLVED: Deltoids and trapezius.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and raise it up towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK OUT

MUSCLES INVOLVED: Gluteus maximus, biceps femoris, and hamstrings.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and kick your legs out.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



Multi Gym Exercise Guide

R Sanford

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

Multi Gym Exercise Guide:

Multi Gym Exercise Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Multi Gym Exercise Guide**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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