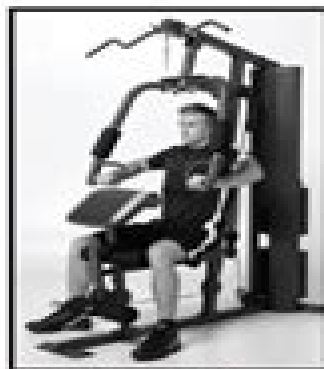




SEATED BENCH PRESS
MUSCLE EMPHASIS: PECTORALIS



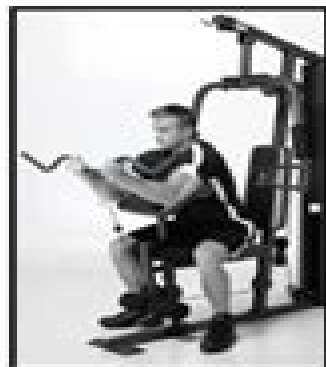
PECTORAL FLY
MUSCLE EMPHASIS: PECTORALIS



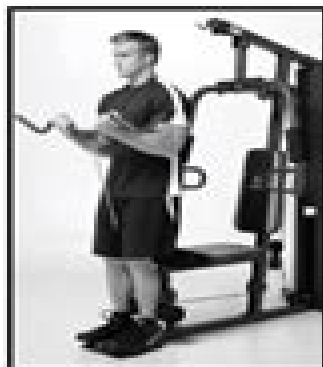
TRICEP PUSH-DOWN
MUSCLE EMPHASIS: TRICEPS



WIDE LAT PULL-DOWN
MUSCLE EMPHASIS: LATISSIMUS DORSI



SEATED BICEP CURL
MUSCLE EMPHASIS: BICEPS



STANDING BICEP CURL
MUSCLE EMPHASIS: BICEPS



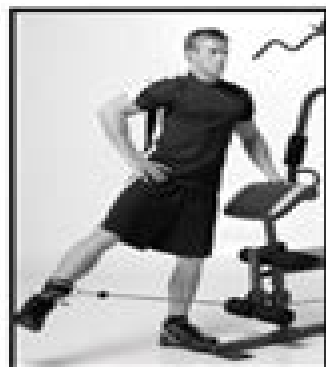
HIGH PULLEY AB CRUNCH
MUSCLE EMPHASIS: ABS/COAS



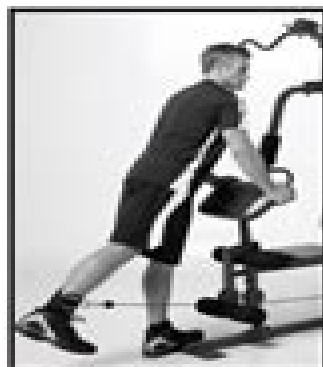
SEATED LEG EXTENSION
MUSCLE EMPHASIS: QUADRICEPS



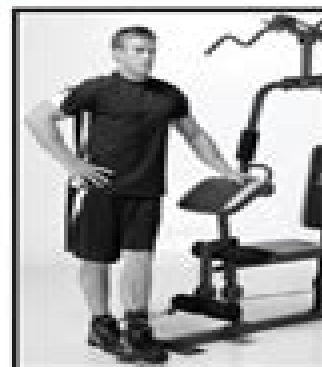
LEG CURL
MUSCLE EMPHASIS: HAMSTRINGS



OUTER LEG KICK
MUSCLE EMPHASIS: OUTER THIGH



LEG KICK BACK
MUSCLE EMPHASIS: GLUTES/LEG



INNER LEG KICK
MUSCLE EMPHASIS: INNER THIGH



FRONT DELTOID RAISE
MUSCLE EMPHASIS: FRONT DELTOIDS



UPRIGHT ROW
MUSCLE EMPHASIS: DELTOID/TRAPEZIUS

Multifunction Home Gym Exercises Guide

A Gutmann



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