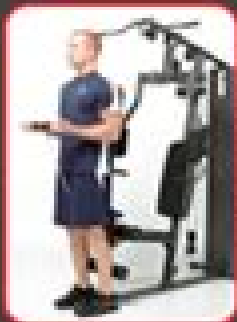




SEATED ROW

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

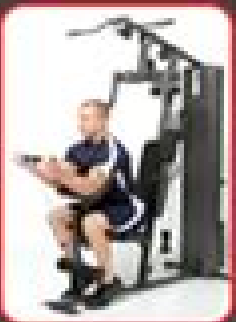
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them.
5. Repeat the exercise for the desired number of repetitions.



BICEP CURL

MUSCLES INVOLVED: Biceps brachii, brachialis, and brachioradialis.

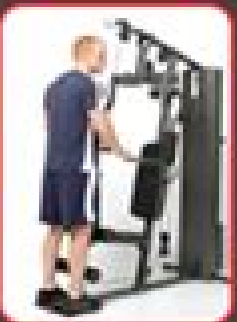
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and pull it towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

MUSCLES INVOLVED: Biceps brachii, brachialis, and brachioradialis.

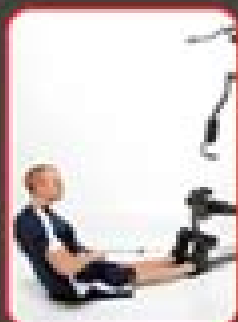
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and pull it towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES INVOLVED: Triceps brachii.

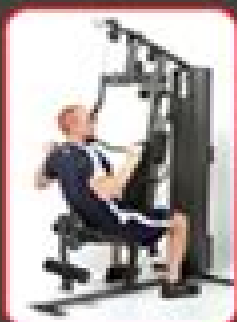
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and push it down.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

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

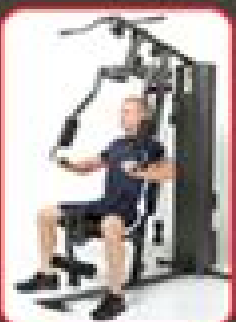
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

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

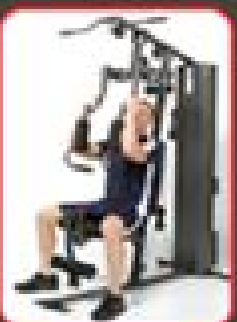
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and pull it towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES INVOLVED: Pectoralis major, triceps, and shoulders.

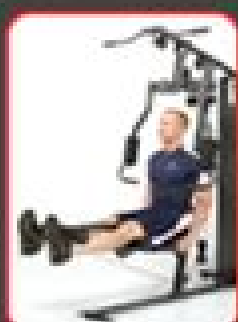
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and push it up.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES INVOLVED: Pectoralis major.

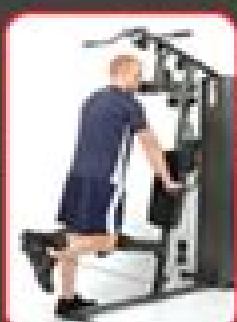
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and pull it towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

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

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 towards your chest.
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.

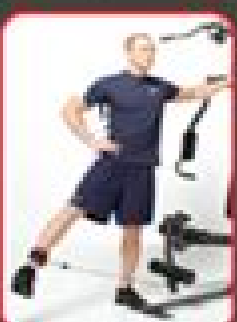
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and pull it towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



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 pull it 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.

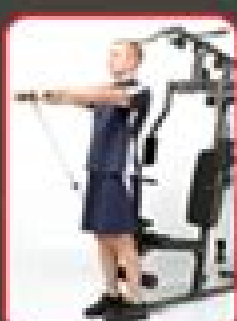
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and pull it towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES INVOLVED: Trapezius, rhomboids, biceps, and forearms.

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 pull it 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, trapezius, and rhomboids.

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 pull it 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 pull it towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



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