

#### SEATED ROW

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

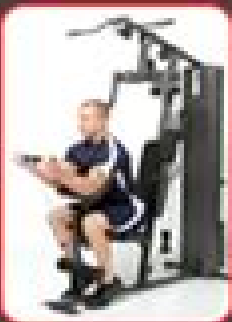
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat 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 footrests and your hands on the handles.
3. Curl the handles up towards your shoulders, squeezing your biceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat 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 footrests and your hands on the handles.
3. Curl the handles up towards your shoulders, squeezing your biceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### TRICEP PUSH-DOWN

**MUSCLES INVOLVED:** Triceps brachii.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your hands on the handles.
3. Push the handles down towards your thighs, squeezing your triceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### SEATED ROW

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

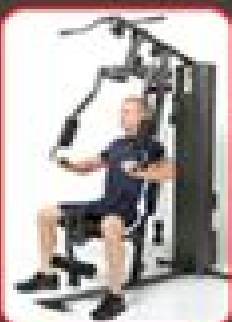
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### LAT PULL-DOWN

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

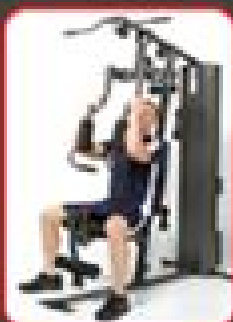
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your hands on the handles.
3. Pull the handles down towards your chest, squeezing your lats.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### STANDING BENCH PRESS

**MUSCLES INVOLVED:** Pectoralis major, triceps, and shoulders.

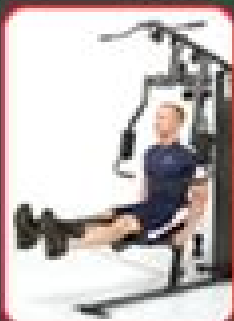
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your hands on the handles.
3. Press the handles up towards your forehead, squeezing your chest.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### PECTORAL FLY

**MUSCLES INVOLVED:** Pectoralis major.

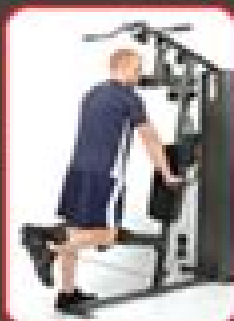
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your hands on the handles.
3. Fly the handles out to the sides, squeezing your chest.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired 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 footrests and your hands on the handles.
3. Extend your legs outwards, squeezing your quadriceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat 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 footrests and your hands on the handles.
3. Curl your legs up towards your chest, squeezing your hamstrings.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat 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 footrests and your hands on the handles.
3. Kick your legs back, squeezing your glutes.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### LEG KICK OUT

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

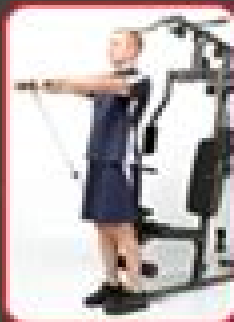
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your hands on the handles.
3. Kick your legs out to the sides, squeezing your glutes.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired 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 footrests and your hands on the handles.
3. Row the handles up towards your chest, squeezing your traps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



#### FRONT SHOULDER RAISE

**MUSCLES INVOLVED:** Anterior deltoid, pectoralis major, and biceps.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your hands on the handles.
3. Raise the handles up towards your forehead, squeezing your shoulders.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat 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 footrests and your hands on the handles.
3. Kick your legs out to the sides, squeezing your glutes.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



# Multi Gym Instruction Chart

**Hongru Du**

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

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