



#### SEATED ROW

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

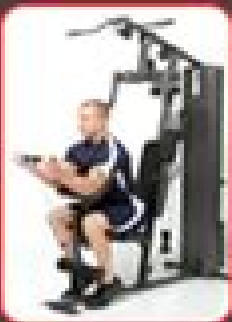
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them.
5. Repeat the exercise for the desired number of repetitions.



#### 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.

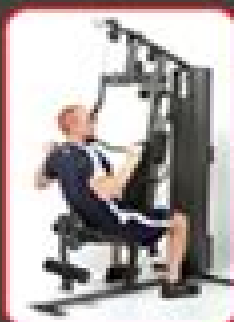
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and push it down.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### SEATED ROW

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

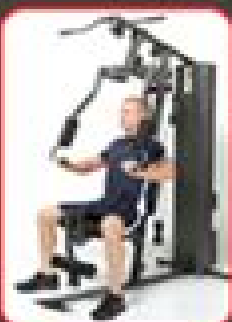
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handles with your hands and pull them towards your chest.
4. Hold the handles for a moment, then release them.
5. Repeat the exercise for the desired number of repetitions.



#### 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.

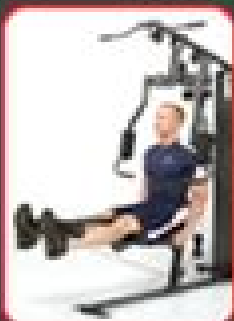
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and push it up.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### PECTORAL FLY

**MUSCLES INVOLVED:** Pectoralis major.

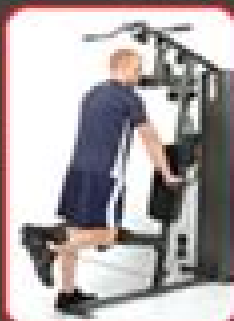
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and pull it towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### 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.

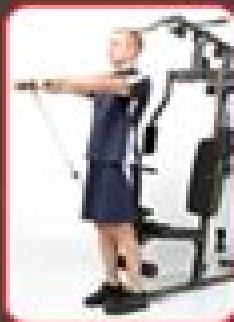
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your knees bent.
3. Grasp the handle with your hands and pull it towards your chest.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### 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.



# Multi Gym Instruction Chart

**JA Banks**



## **Multi Gym Instruction Chart:**

## Reviewing **Multi Gym Instruction Chart**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Multi Gym Instruction Chart**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://www.splashdogs.com/data/detail/HomePages/Mcdougall%20Hill%20Study%20Guide.pdf>

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web here s a template to pass along to the valedictorian in your life my fellow graduates over the last four years here at insert name of high school we have learned a lot mr insert name of math teacher taught us how to insert a complicated sounding math thing ms insert name of english teacher taught us insert interesting

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