



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED:**

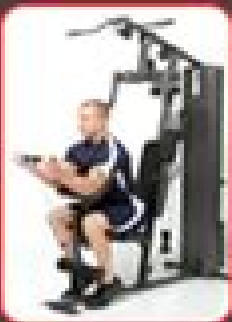
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### BICEP CURL

**MUSCLES PRIMARILY INVOLVED:**

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Curl the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



#### PREACHER CURL

**MUSCLES PRIMARILY INVOLVED:**

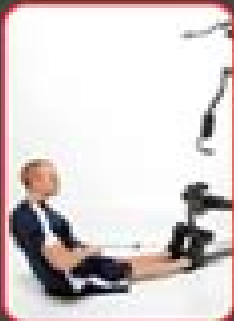
1. Sit on the machine with your feet on the foot plate.
2. Rest your upper arms on the pads, with your elbows pointing forward.
3. Hold the handle with both hands, palms facing forward.
4. Curl the handle up towards your chest, keeping your elbows on the pads.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



#### TRICEP PUSH-DOWN

**MUSCLES PRIMARILY INVOLVED:**

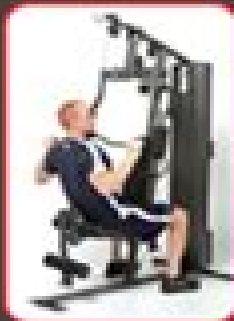
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Push the handle down towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



#### SEATED ROW

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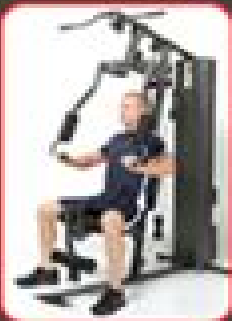
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### LAT PULL-DOWN

**MUSCLES PRIMARILY INVOLVED:**

1. Sit on the machine with your feet on the foot plate.
2. Grasp the bar with both hands, palms facing forward.
3. Pull the bar down towards your chest, keeping your elbows close to your body.
4. Hold the bar for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### STANDING BENCH PRESS

**MUSCLES PRIMARILY INVOLVED:**

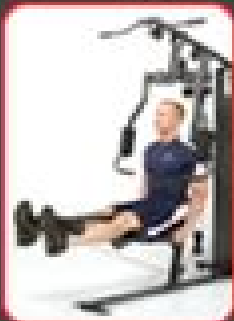
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Press the handle up towards your head, keeping your elbows close to your body.
5. Hold the handle for a moment, then return it to the starting position.
6. Repeat the exercise for the desired number of repetitions.



#### PECTORAL FLY

**MUSCLES PRIMARILY INVOLVED:**

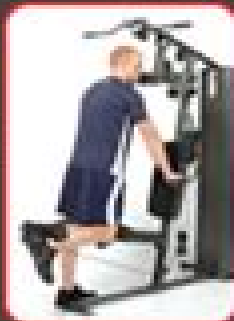
1. Sit on the machine with your feet on the foot plate.
2. Grasp the bar with both hands, palms facing forward.
3. Fly the bar out to the sides, keeping your elbows close to your body.
4. Hold the bar for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### LEG EXTENSION

**MUSCLES PRIMARILY INVOLVED:**

1. Sit on the machine with your feet on the foot plate.
2. Grasp the bar with both hands, palms facing forward.
3. Extend your legs out to the front, keeping your back straight.
4. Hold the bar for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### STANDING LEG CURL

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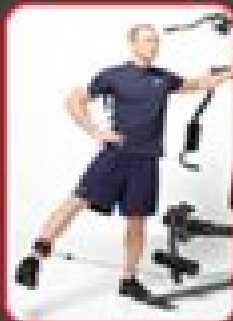
1. Stand with feet shoulder-width apart.
2. Grasp the bar with both hands, palms facing forward.
3. Curl the bar up towards your chest, keeping your elbows close to your body.
4. Hold the bar for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### LEG KICK BACK

**MUSCLES PRIMARILY INVOLVED:**

1. Sit on the machine with your feet on the foot plate.
2. Grasp the bar with both hands, palms facing forward.
3. Kick the bar back towards your feet, keeping your back straight.
4. Hold the bar for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### LEG KICK OUT (THIGH ADDUCTORS)

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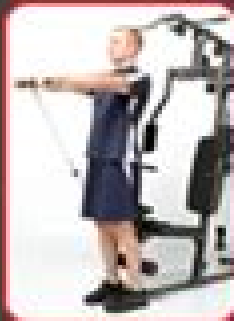
1. Sit on the machine with your feet on the foot plate.
2. Grasp the bar with both hands, palms facing forward.
3. Kick the bar out to the side, keeping your back straight.
4. Hold the bar for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### UPRIGHT ROW

**MUSCLES PRIMARILY INVOLVED:**

1. Stand with feet shoulder-width apart.
2. Grasp the bar with both hands, palms facing forward.
3. Pull the bar up towards your chest, keeping your elbows close to your body.
4. Hold the bar for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### FRONT SHOULDER RAISE

**MUSCLES PRIMARILY INVOLVED:**

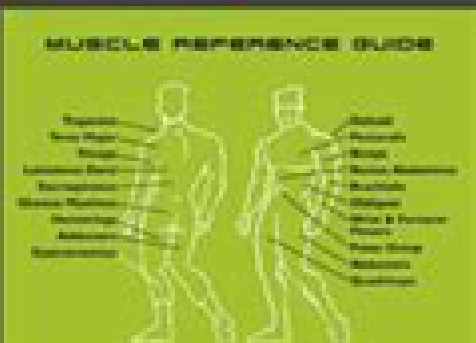
1. Stand with feet shoulder-width apart.
2. Grasp the bar with both hands, palms facing forward.
3. Raise the bar up towards your head, keeping your elbows close to your body.
4. Hold the bar for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### LEG KICK OUT (THIGH ADDUCTORS)

**MUSCLES PRIMARILY INVOLVED:**

1. Sit on the machine with your feet on the foot plate.
2. Grasp the bar with both hands, palms facing forward.
3. Kick the bar out to the side, keeping your back straight.
4. Hold the bar for a moment, then return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



# Multi Gym Exercise Manual

**Terry C. Jones**



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