



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED:**

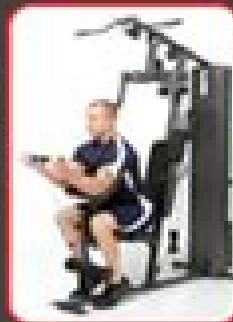
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### BICEP CURL

**MUSCLES PRIMARILY INVOLVED:**

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Lift the handle up towards your shoulders, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it.
5. 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. Hold the handle with both hands, palms facing forward.
3. Lift the handle up towards your shoulders, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### TRICEP PUSH-DOWN

**MUSCLES PRIMARILY INVOLVED:**

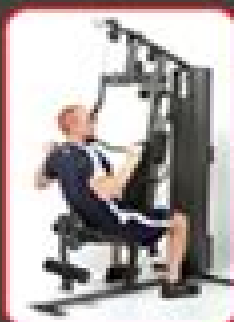
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Push the handle down towards your feet, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED:**

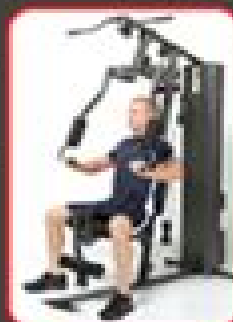
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### LAT PULL-DOWN

**MUSCLES PRIMARILY INVOLVED:**

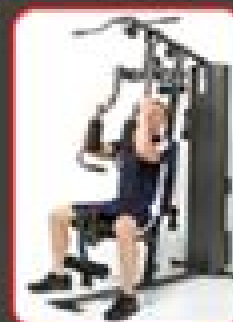
1. Sit on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Pull the handle down towards your feet, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### STANDING BENCH PRESS

**MUSCLES PRIMARILY INVOLVED:**

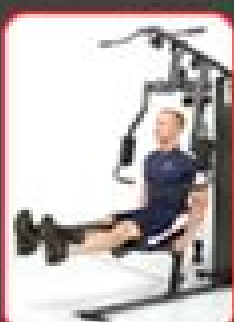
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Press the handle up towards your head, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### PECTORAL FLY

**MUSCLES PRIMARILY INVOLVED:**

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Fly the handle out to the sides, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it.
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. Extend your legs outwards, keeping your back straight.
3. Hold the handle for a moment, then release it.
4. Repeat the exercise for the desired number of repetitions.



#### STANDING LEG CURL

**MUSCLES PRIMARILY INVOLVED:**

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



#### LEG KICK BACK

**MUSCLES PRIMARILY INVOLVED:**

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Kick the handle back towards your feet, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### LEG KICK OUTWARD THIGH (ADDUCTION)

**MUSCLES PRIMARILY INVOLVED:**

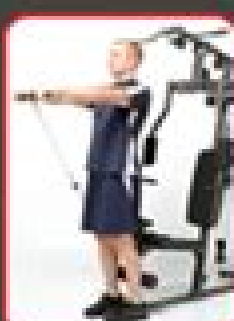
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Kick the handle outwards, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



#### UPRIGHT ROW

**MUSCLES PRIMARILY INVOLVED:**

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



#### FRONT SHOULDER RAISE

**MUSCLES PRIMARILY INVOLVED:**

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



#### LEG KICK INWARD THIGH (ABDUCTION)

**MUSCLES PRIMARILY INVOLVED:**

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Kick the handle inwards, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



# Multi Gym Instruction Chart

**Montgomery Ward**



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