

ABDOMINAL CRUNCH

MUSCLES INVOLVED: Rectus abdominis

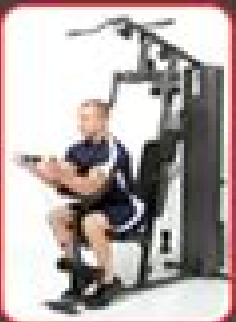
1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core.
5. Exhale and crunch up, lifting the shoulders off the seat.
6. Return to the starting position and repeat.



BICEP CURL

MUSCLES INVOLVED: Biceps brachii

1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and curl the weight up, lifting the elbows off the seat.
6. Return to the starting position and repeat.



PREACHER CURL

MUSCLES INVOLVED: Biceps brachii

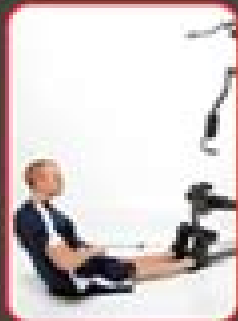
1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and curl the weight up, lifting the elbows off the seat.
6. Return to the starting position and repeat.



TRICEP PUSH-DOWN

MUSCLES INVOLVED: Triceps

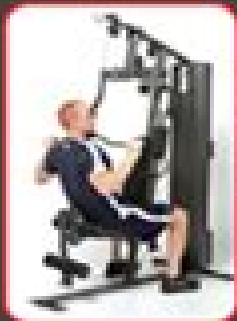
1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core.
5. Exhale and push the weight down, lifting the elbows off the seat.
6. Return to the starting position and repeat.



SEATED ROW

MUSCLES INVOLVED: Back

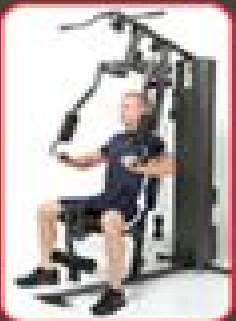
1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and row the weight up, lifting the elbows off the seat.
6. Return to the starting position and repeat.



LAT PULL-DOWN

MUSCLES INVOLVED: Back

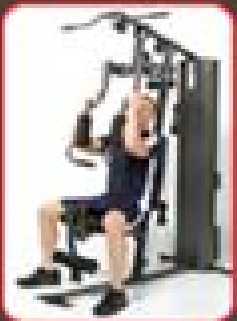
1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and pull the weight down, lifting the elbows off the seat.
6. Return to the starting position and repeat.



STANDING BENCH PRESS

MUSCLES INVOLVED: Chest

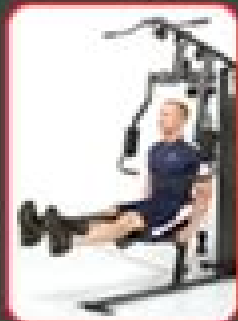
1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and push them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and press the weight up, lifting the elbows off the seat.
6. Return to the starting position and repeat.



PECTORAL FLY

MUSCLES INVOLVED: Chest

1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and fly the weight up, lifting the elbows off the seat.
6. Return to the starting position and repeat.



LEG EXTENSION

MUSCLES INVOLVED: Front of knee

1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and extend the weight up, lifting the elbows off the seat.
6. Return to the starting position and repeat.



STANDING LEG CURL

MUSCLES INVOLVED: Back of knee

1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and curl the weight up, lifting the elbows off the seat.
6. Return to the starting position and repeat.



LEG KICK BACK

MUSCLES INVOLVED: Back of knee

1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and kick the weight back, lifting the elbows off the seat.
6. Return to the starting position and repeat.



LEG KICK OUTER THIGH (ADDUCTION)

MUSCLES INVOLVED: Inner thigh

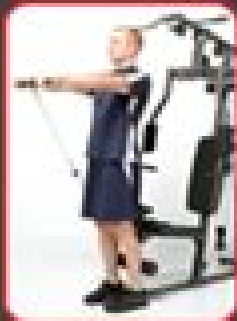
1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and kick the weight out, lifting the elbows off the seat.
6. Return to the starting position and repeat.



UPRIGHT ROW

MUSCLES INVOLVED: Traps

1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and row the weight up, lifting the elbows off the seat.
6. Return to the starting position and repeat.



FRONT SHOULDER RAISE

MUSCLES INVOLVED: Traps

1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and raise the weight up, lifting the elbows off the seat.
6. Return to the starting position and repeat.



LEG KICK INNER THIGH (ABDUCTION)

MUSCLES INVOLVED: Outer thigh

1. Select the desired weight.
2. Adjust the seat height so the knees are bent at a 90-degree angle and the feet are flat on the floor.
3. Grasp the handles and pull them up towards the shoulders.
4. Inhale and brace the core.
5. Exhale and kick the weight in, lifting the elbows off the seat.
6. Return to the starting position and repeat.



Multi Station Home Gym Exercise Manual

G Thomas



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