

ABDOMINAL CRUNCH

MUSCLE ACTIVATION: Rectus abdominis

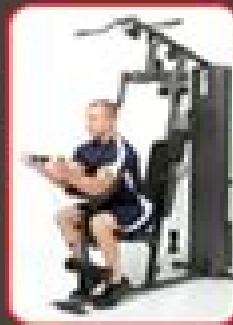
1. Sit on the machine with your feet flat on the floor and your hands behind your head.
2. Lift your shoulders off the ground by contracting your abdominal muscles.
3. Hold the contraction for a moment, then lower your shoulders back to the ground.
4. Repeat the movement for the desired number of repetitions.



BICEP CURL

MUSCLE ACTIVATION: Biceps brachii

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Lift the handles up towards your shoulders by contracting your biceps.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat the movement for the desired number of repetitions.



PREACHER CURL

MUSCLE ACTIVATION: Biceps brachii

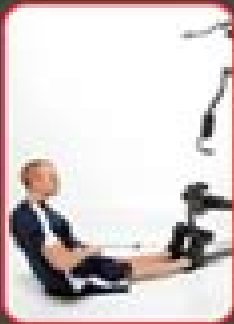
1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Lift the handles up towards your shoulders by contracting your biceps.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat the movement for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLE ACTIVATION: Triceps brachii

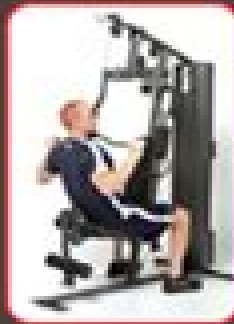
1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Push the handles down towards your feet by contracting your triceps.
3. Hold the contraction for a moment, then pull the handles back up to the starting position.
4. Repeat the movement for the desired number of repetitions.



SEATED ROW

MUSCLE ACTIVATION: Latissimus dorsi, Rhomboid major, Rhomboid minor, Trapezius, Biceps brachii

1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Pull the handles up towards your chest by contracting your back muscles.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat the movement for the desired number of repetitions.



LAT PULL-DOWN

MUSCLE ACTIVATION: Latissimus dorsi

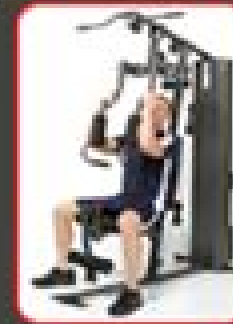
1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Pull the handles down towards your chest by contracting your latissimus dorsi.
3. Hold the contraction for a moment, then pull the handles back up to the starting position.
4. Repeat the movement for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLE ACTIVATION: Pectoralis major, Pectoralis minor, Triceps brachii

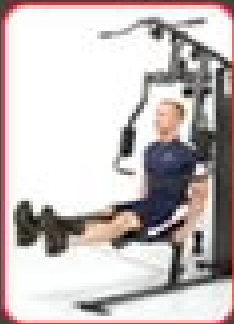
1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Push the handles up and out towards your feet by contracting your chest and triceps.
3. Hold the contraction for a moment, then pull the handles back to the starting position.
4. Repeat the movement for the desired number of repetitions.



PECTORAL FLY

MUSCLE ACTIVATION: Pectoralis major, Pectoralis minor

1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Push the handles out and up towards your feet by contracting your pectoral muscles.
3. Hold the contraction for a moment, then pull the handles back to the starting position.
4. Repeat the movement for the desired number of repetitions.



LEG EXTENSION

MUSCLE ACTIVATION: Rectus femoris

1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Push the handles up towards your feet by contracting your rectus femoris.
3. Hold the contraction for a moment, then pull the handles back to the starting position.
4. Repeat the movement for the desired number of repetitions.



STANDING LEG CURL

MUSCLE ACTIVATION: Biceps femoris, Semitendinosus, Semimembranosus

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Pull the handles up towards your chest by contracting your hamstring muscles.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat the movement for the desired number of repetitions.



LEG KICK BACK

MUSCLE ACTIVATION: Gluteus maximus, Biceps femoris

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Kick your legs back by contracting your gluteus maximus and biceps femoris.
3. Hold the contraction for a moment, then pull your legs back to the starting position.
4. Repeat the movement for the desired number of repetitions.



LEG KICK OUT TO THE SIDE

MUSCLE ACTIVATION: Gluteus medius, Gluteus minimus

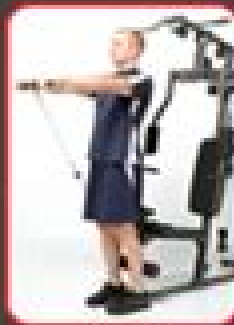
1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Kick your legs out to the side by contracting your gluteus medius and gluteus minimus.
3. Hold the contraction for a moment, then pull your legs back to the starting position.
4. Repeat the movement for the desired number of repetitions.



UPRIGHT ROW

MUSCLE ACTIVATION: Trapezius, Deltoid posterior, Biceps brachii

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Pull the handles up towards your chest by contracting your trapezius, posterior deltoid, and biceps.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat the movement for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLE ACTIVATION: Deltoid anterior

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Raise the handles up in front of you by contracting your anterior deltoid.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat the movement for the desired number of repetitions.



LEG KICK WITH FOOT PRODDER

MUSCLE ACTIVATION: Gluteus maximus, Biceps femoris

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Kick your legs back by contracting your gluteus maximus and biceps femoris.
3. Hold the contraction for a moment, then pull your legs back to the starting position.
4. Repeat the movement for the desired number of repetitions.



Multi Gym Exercise Manual

Tobias Bleicker



Multi Gym Exercise Manual:

Unveiling the Magic of Words: A Report on "**Multi Gym Exercise Manual**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Multi Gym Exercise Manual**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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