



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED**

1. Pull the handle to your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handle towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back 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 shoulders, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### PREACHER CURL

**MUSCLES PRIMARILY INVOLVED**

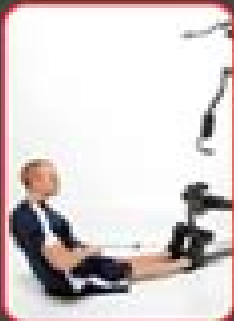
1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Curl the handle up towards your shoulders, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### TRICEP PUSH-DOWN

**MUSCLES PRIMARILY INVOLVED**

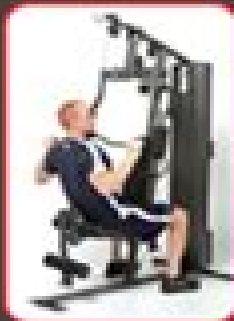
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Push the handle down towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it back to the starting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



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED**

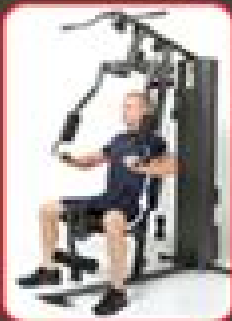
1. Pull the handle to your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handle towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it back to the starting position.
5. Repeat the exercise for the desired number of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



#### LAT PULL-DOWN

**MUSCLES PRIMARILY INVOLVED**

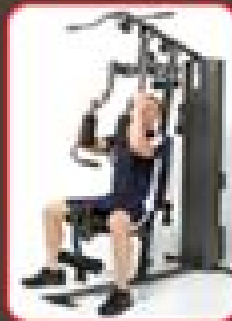
1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Pull the handle down towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### STANDING BENCH PRESS

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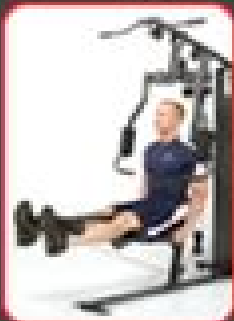
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Press the handle up towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it back to the starting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



#### PECTORAL FLY

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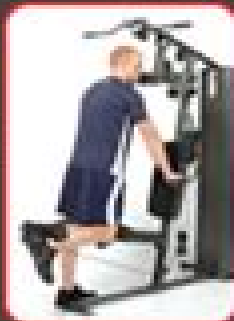
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Fly the handle out towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### LEG EXTENSION

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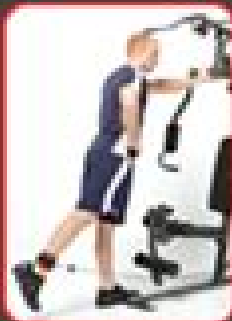
1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Extend your legs out towards your feet, keeping your knees close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### STANDING LEG 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 your legs up towards your feet, keeping your knees close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### LEG KICK BACK

**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. Kick your legs back towards your feet, keeping your knees close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### LEG KICK OUT

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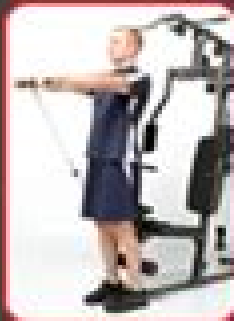
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Kick your legs out towards your feet, keeping your knees close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### UPRIGHT ROW

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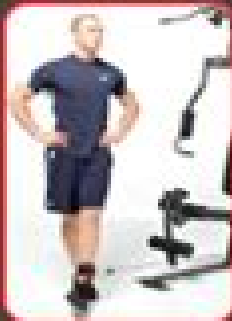
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Row the handle up towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### FRONT SHOULDER RAISE

**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. Raise the handle up towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



#### LEG KICK OVER

**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. Kick your legs over towards your feet, keeping your knees close to your body.
5. Hold the handle for a moment, then release it back to the starting position.



# Multi Master Gym Exercise Manual

**Charles Alpheus Bennett, William  
Thomas Bawden**



## **Multi Master Gym Exercise Manual:**

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*The Complete Manual of Fitness and Well-being*, 1984

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