



SEATED ROW

MUSCLES PRIMARILY INVOLVED

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



BICEP CURL

MUSCLES PRIMARILY INVOLVED

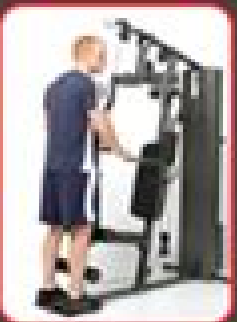
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

MUSCLES PRIMARILY INVOLVED

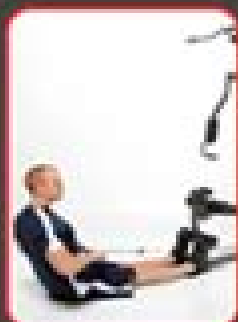
1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED

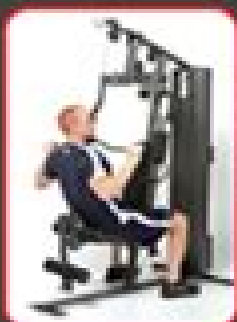
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Push the handles down towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

MUSCLES PRIMARILY INVOLVED

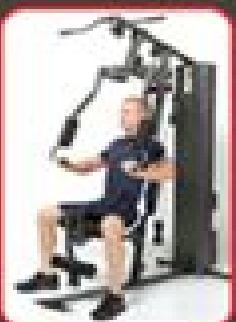
1. Pull the handles towards your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired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



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED

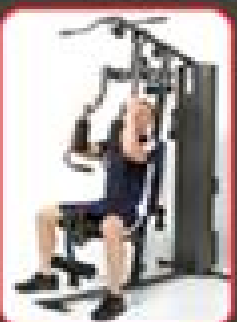
1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles down towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

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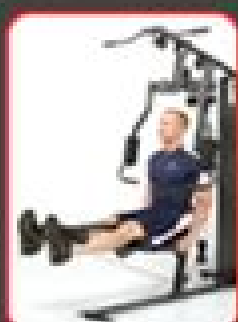
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Press the handles up towards your head, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED

1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Fly the handles out towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back 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 flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Extend your legs out towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

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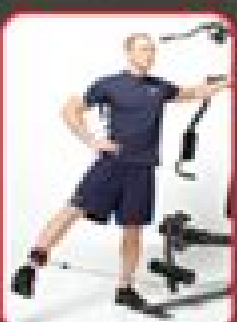
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Curl your legs up towards your chest, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED

1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs back towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK OUT

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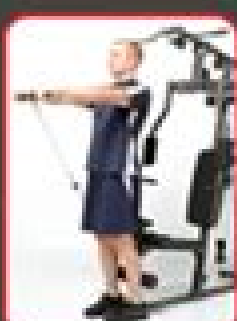
1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs out towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED

1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Row the handles up towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back 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. Hold the handles with your hands shoulder-width apart.
3. Raise the handles up towards your head, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



LEG KICK OVER

MUSCLES PRIMARILY INVOLVED

1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs over towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



Multi Home Gym Exercise Manual

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Multi Home Gym Exercise Manual:

Stronger Together The Family's Guide to Fitness and Wellbeing Lachlan Sleigh,2023-06-14 Stronger Together The Family s Guide to Fitness and Wellbeing is a comprehensive and practical resource designed to empower families in achieving their fitness goals and cultivating a healthy lifestyle together This book serves as a roadmap for families seeking to enhance their physical well being strengthen their relationships and create lasting memories through shared physical activities Throughout the pages of Stronger Together The Family s Guide to Fitness and Wellbeing readers will discover a wealth of information and practical advice on various topics related to family fitness The book covers essential areas such as setting fitness goals as a family understanding exercise intensity and frequency age appropriate exercises and activities and the role of nutrition in fitness It also provides insights into creating a home gym on a budget engaging in bodyweight exercises and enjoying outdoor activities as a family Stronger Together The Family s Guide to Fitness and Wellbeing also recognizes the unique needs of different family members including children adults and seniors It delves into the benefits of physical activity for each age group and offers practical suggestions for age appropriate exercises and modifications to accommodate physical limitations Additionally the book explores the importance of nutrition and healthy eating habits equipping families with the knowledge to make informed food choices and create a nourishing environment at home The book is filled with practical tips real life examples and inspiring stories of families who have successfully integrated fitness into their lives It encourages readers to find activities they enjoy engage in fun family activities and make use of the great outdoors to enhance their fitness journey The inclusion of safety guidelines ensures that families can engage in physical activities with peace of mind Stronger Together The Family s Guide to Fitness and Wellbeing is not just a book but a roadmap to a healthier and happier family life It empowers families to embark on a journey towards improved fitness closer relationships and lifelong well being By following the advice and recommendations within its pages families can create a sustainable fitness routine that will positively impact their lives for years to come *The Complete Book of Personal Training* Douglas Brooks,2004 This books is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it s full of information about working with clients and designing programs and it s a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover **The Entrepreneur's Guide to Personal Training** IDEA Health & Fitness,2003 **The Bachelor's Guide To Life** Jason Rich,2005-05 The Bachelor s Guide To Life is jam packed with detailed information

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