



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED:**

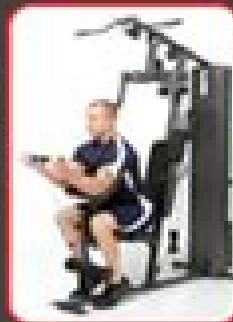
1. Pull the handles towards your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then slowly return them to the starting position.
5. Repeat the exercise for the desired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



#### TRICEP PUSH-DOWN

**MUSCLES PRIMARILY INVOLVED:**

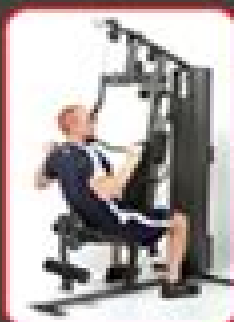
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Push the handle down towards your feet, keeping your elbows close to your body.
4. Hold the handle for a moment, then slowly return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED:**

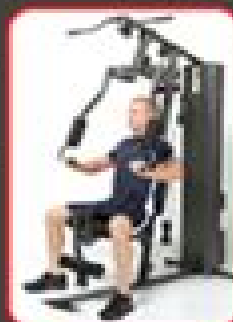
1. Pull the handles towards your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then slowly return them to the starting position.
5. Repeat the exercise for the desired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



#### LAT PULL-DOWN

**MUSCLES PRIMARILY INVOLVED:**

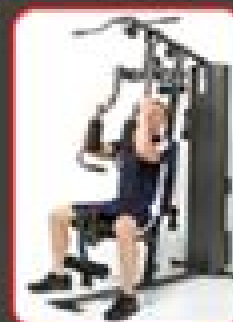
1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands.
3. Pull the handle down towards your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then slowly return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### STANDING BENCH PRESS

**MUSCLES PRIMARILY INVOLVED:**

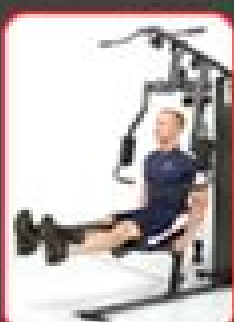
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Press the handle up towards your head, keeping your elbows close to your body.
4. Hold the handle for a moment, then slowly return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### PECTORAL FLY

**MUSCLES PRIMARILY INVOLVED:**

1. Sit on the machine with your feet flat on the floor.
2. Hold the handle with both hands.
3. Fly the handle out towards your head, keeping your elbows close to your body.
4. Hold the handle for a moment, then slowly return it 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 handle with both hands.
3. Extend your legs outwards, keeping your feet flat on the floor.
4. Hold the handle for a moment, then slowly return it to the starting position.
5. 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.
3. Curl your legs up towards your chest, keeping your feet flat on the floor.
4. Hold the handle for a moment, then slowly return it to the starting position.
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.
3. Kick your legs back, keeping your feet flat on the floor.
4. Hold the handle for a moment, then slowly return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### LEG KICK OUTWARD THRUST

**MUSCLES PRIMARILY INVOLVED:**

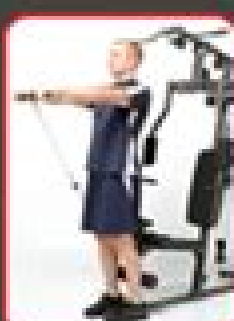
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Kick your legs outwards, keeping your feet flat on the floor.
4. Hold the handle for a moment, then slowly return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### UPRIGHT ROW

**MUSCLES PRIMARILY INVOLVED:**

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



#### LEG KICK INWARD THRUST

**MUSCLES PRIMARILY INVOLVED:**

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands.
3. Kick your legs inwards, keeping your feet flat on the floor.
4. Hold the handle for a moment, then slowly return it to the starting position.
5. Repeat the exercise for the desired number of repetitions.



# Multi Gym Instruction Chart

**Daniel F McAuley**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

**Multi Gym Instruction Chart:**

This book delves into Multi Gym Instruction Chart. Multi Gym Instruction Chart is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Multi Gym Instruction Chart, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Multi Gym Instruction Chart
    - Chapter 2: Essential Elements of Multi Gym Instruction Chart
    - Chapter 3: Multi Gym Instruction Chart in Everyday Life
    - Chapter 4: Multi Gym Instruction Chart in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Multi Gym Instruction Chart. The first chapter will explore what Multi Gym Instruction Chart is, why Multi Gym Instruction Chart is vital, and how to effectively learn about Multi Gym Instruction Chart.
  3. In chapter 2, this book will delve into the foundational concepts of Multi Gym Instruction Chart. The second chapter will elucidate the essential principles that must be understood to grasp Multi Gym Instruction Chart in its entirety.
  4. In chapter 3, the author will examine the practical applications of Multi Gym Instruction Chart in daily life. The third chapter will showcase real-world examples of how Multi Gym Instruction Chart can be effectively utilized in everyday scenarios.
  5. In chapter 4, the author will scrutinize the relevance of Multi Gym Instruction Chart in specific contexts. The fourth chapter will explore how Multi Gym Instruction Chart is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, this book will draw a conclusion about Multi Gym Instruction Chart. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Multi Gym Instruction Chart.

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