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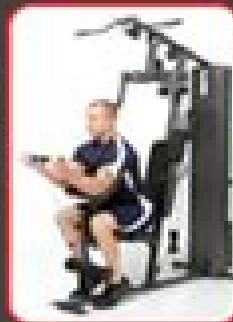
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



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.
6. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

MUSCLES PRIMARILY INVOLVED

1. Sit on the machine with your feet on the foot plate.
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.
6. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

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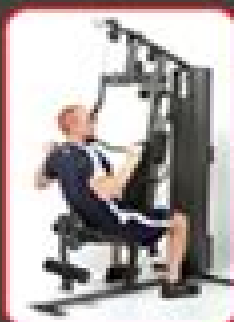
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Push the handle down towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it.
6. Repeat the exercise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



SEATED ROW

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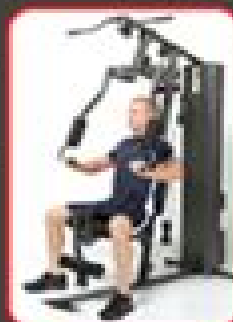
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED

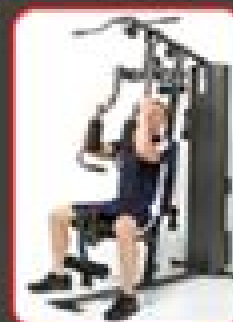
1. Sit on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Pull the handle down towards your feet, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it.
6. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

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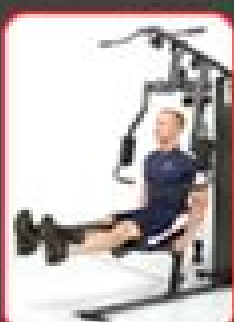
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Press the handle up towards your head, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it.
6. Repeat the exercise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



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED

1. Sit on the machine with your feet on the foot plate.
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.
6. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED

1. Sit on the machine with your feet on the foot plate.
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.
6. 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, palms facing forward.
3. Keep your back straight and your core engaged.
4. Curl your legs up towards your chest, keeping your knees close to your body.
5. Hold the handle for a moment, then release it.
6. 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, palms facing forward.
3. Keep your back straight and your core engaged.
4. Kick your legs back towards your chest, keeping your knees close to your body.
5. Hold the handle for a moment, then release it.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK OUT

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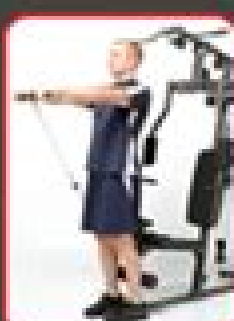
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Keep your back straight and your core engaged.
4. Kick your legs out towards your chest, keeping your knees close to your body.
5. Hold the handle for a moment, then release it.
6. Repeat the exercise 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, palms facing forward.
3. Keep your back straight and your core engaged.
4. Row the handle up towards your chest, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it.
6. 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, palms facing forward.
3. Keep your back straight and your core engaged.
4. Raise the handle up towards your head, keeping your elbows close to your body.
5. Hold the handle for a moment, then release it.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK OUT

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 out towards your chest, keeping your knees close to your body.
5. Hold the handle for a moment, then release it.
6. Repeat the exercise for the desired number of repetitions.



Multi Gym Instruction Chart

Lei Shi

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'Lei Shi' text.

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