



SEATED ROW

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Pull the handles towards your chest, squeezing your shoulder blades together.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



BICEP CURL

MUSCLES INVOLVED: Biceps brachii, brachialis, and brachioradialis.

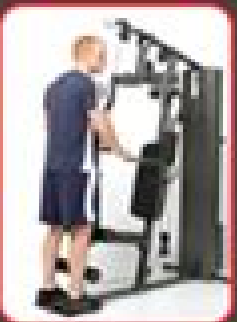
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Curl the handles upwards, squeezing your biceps.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



PREACHER CURL

MUSCLES INVOLVED: Biceps brachii, brachialis, and brachioradialis.

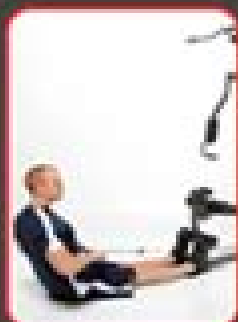
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Curl the handles upwards, squeezing your biceps.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



TRICEP PUSH-DOWN

MUSCLES INVOLVED: Triceps brachii.

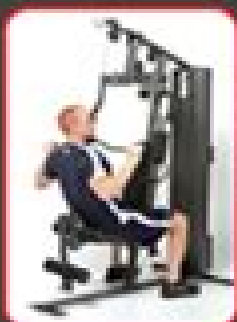
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handle with your hands.
4. Push the handle down, squeezing your triceps.
5. Hold the contraction for a moment.
6. Release the handle and repeat.



SEATED ROW

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

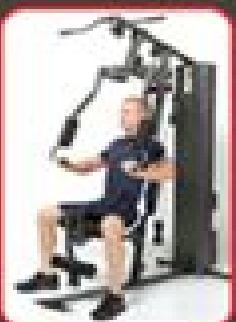
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Pull the handles towards your chest, squeezing your shoulder blades together.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



LAT PULL-DOWN

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

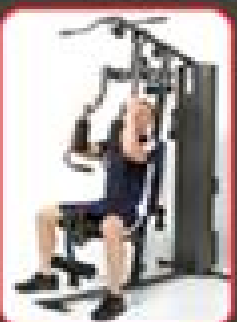
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handle with your hands.
4. Pull the handle down, squeezing your lats.
5. Hold the contraction for a moment.
6. Release the handle and repeat.



STANDING BENCH PRESS

MUSCLES INVOLVED: Pectoralis major, triceps, and shoulders.

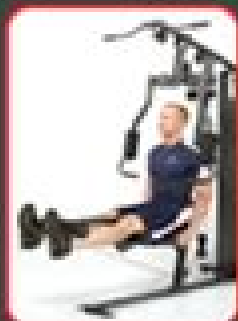
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Press the handles up, squeezing your chest and shoulders.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



PECTORAL FLY

MUSCLES INVOLVED: Pectoralis major.

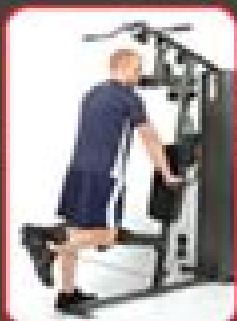
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Fly the handles out, squeezing your pectorals.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



LEG EXTENSION

MUSCLES INVOLVED: Rectus femoris, vastus medialis, vastus lateralis, and vastus intermedius.

1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Extend your legs, squeezing your quadriceps.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



STANDING LEG CURL

MUSCLES INVOLVED: Biceps femoris, semitendinosus, and semimembranosus.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Curl your legs, squeezing your hamstrings.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



LEG KICK BACK

MUSCLES INVOLVED: Gluteus maximus, biceps femoris, and hamstrings.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Kick your legs back, squeezing your glutes and hamstrings.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



LEG KICK OUT

MUSCLES INVOLVED: Gluteus maximus, biceps femoris, and hamstrings.

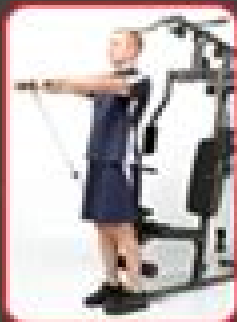
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Kick your legs out, squeezing your glutes and hamstrings.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



UPRIGHT ROW

MUSCLES INVOLVED: Trapezius, rhomboids, biceps, and forearms.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Row the handles up, squeezing your traps and biceps.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



FRONT SHOULDER RAISE

MUSCLES INVOLVED: Deltoids, trapezius, and biceps.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Raise the handles up, squeezing your shoulders.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



LEG KICK OUT

MUSCLES INVOLVED: Gluteus maximus, biceps femoris, and hamstrings.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footrests and your knees bent.
3. Grasp the handles with your hands.
4. Kick your legs out, squeezing your glutes and hamstrings.
5. Hold the contraction for a moment.
6. Release the handles and repeat.



Multi Master Gym Exercise Manual

Guillaume Favre



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web if the installation marks have disappeared put a new installation mark on the timing belt before removing each part em 110 2uz fe engine mechanical engine unit b using the crankshaft damper bolt turn the crankshaft to align the timing marks of the crankshaft timing pulley and oil pump body em approx 45 timing mark turn

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web align the timing marks of the camshaft with the mark plates of the timing chain and install the timing chain hint align the timing marks with the mark plates while turning the hexagonal service portion of the camshaft using a wrench 2 install chain tensioner slipper a install the chain tensioner slipper 3 install chain tensioner

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web rotate the crankshaft pulley two complete turns clockwise and check the timing marks if the timing marks are correct tighten the lock bolt for the tensioner to 20 to 34 n m 200 to 350 kgfcm for fe to 37 to 52 n m 380 to 530 kgfcm for f2 engine check the movement on the tension side of the timing belt

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web fe engines use a timing assembly very similar to other ford engines with the aforementioned cam thrust plate an offset positioned dowel pin for locating and a single central cam bolt for retention the factory cam sprockets were often aluminum with molded nylon teeth for quieter operation

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web jul 22 2009 a set the timing mark to 0 on the timing chain cover by rotating the crankshaft clockwise b verify the timing marks on the camshaft timing gears are in general alignment with the timing marks of the camshaft bearing cap see chart note when the engine is correctly timed the timing marks will not perfectly align

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web remove battery remove battery tray remove radiator support to frame seal lh see page co 12 remove fan shroud see page co 13 remove air cleaner cap sub assembly see page ec 14 remove air cleaner filter element sub assembly remove air cleaner case remove the 3 bolts then

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there are three timing chains on these 1gr fe engines the first two are for the exhaust intake

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