



ABDOMINAL CRUNCH

MUSCLES INVOLVED: Rectus abdominis

1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and crunch the upper body forward, lifting the shoulders off the seat.
5. Return to the starting position and repeat.



BICEP CURL

MUSCLES INVOLVED: Biceps brachii

1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and curl the upper body forward, lifting the shoulders off the seat.
5. Return to the starting position and repeat.



PREACHER CURL

MUSCLES INVOLVED: Biceps brachii

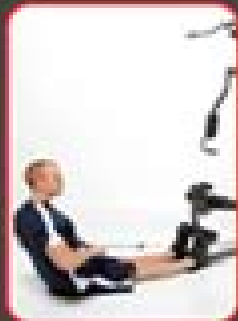
1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and curl the upper body forward, lifting the shoulders off the seat.
5. Return to the starting position and repeat.



TRICEP PUSH-DOWN

MUSCLES INVOLVED: Triceps

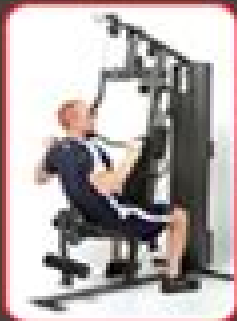
1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and push the handles down, extending the arms.
5. Return to the starting position and repeat.



SEATED ROW

MUSCLES INVOLVED: Back

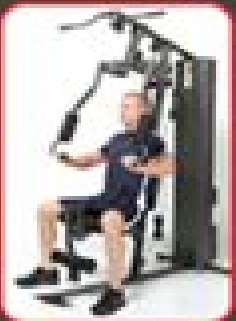
1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and pull the handles towards the chest, squeezing the shoulder blades.
5. Return to the starting position and repeat.



LAT PULL-DOWN

MUSCLES INVOLVED: Back

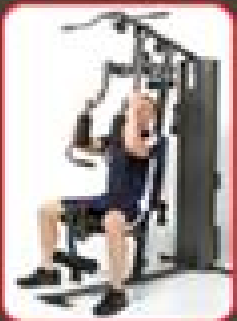
1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and pull the handles towards the chest, squeezing the shoulder blades.
5. Return to the starting position and repeat.



STANDING BENCH PRESS

MUSCLES INVOLVED: Chest

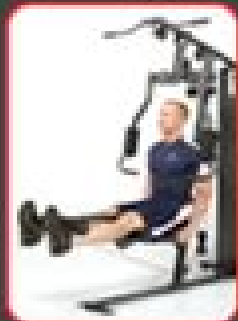
1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and push the handles up, extending the arms.
5. Return to the starting position and repeat.



PECTORAL FLY

MUSCLES INVOLVED: Chest

1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and fly the handles out to the sides, squeezing the chest.
5. Return to the starting position and repeat.



LEG EXTENSION

MUSCLES INVOLVED: Front of thigh

1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and extend the legs forward, pushing the footplate away.
5. Return to the starting position and repeat.



STANDING LEG CURL

MUSCLES INVOLVED: Back of thigh

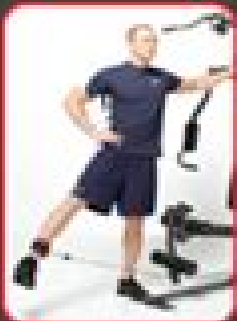
1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and curl the legs back, pulling the footplate towards the chest.
5. Return to the starting position and repeat.



LEG KICK BACK

MUSCLES INVOLVED: Back of thigh

1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and kick the legs back, pulling the footplate towards the chest.
5. Return to the starting position and repeat.



LEG KICK OUTER THIGH (ADDUCTION)

MUSCLES INVOLVED: Inner thigh

1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and kick the legs out to the sides, pulling the footplate towards the chest.
5. Return to the starting position and repeat.



UPRIGHT ROW

MUSCLES INVOLVED: Neck, shoulders

1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and pull the handles up towards the chest, squeezing the shoulder blades.
5. Return to the starting position and repeat.



FRONT SHOULDER RAISE

MUSCLES INVOLVED: Shoulders

1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and raise the handles up towards the chest, squeezing the shoulder blades.
5. Return to the starting position and repeat.



LEG KICK INNER THIGH (ABDUCTION)

MUSCLES INVOLVED: Outer thigh

1. Select the desired weight.
2. Adjust the seat height so the knees are comfortably bent, resting the feet on the footplate.
3. Grasp the handles and pull them down towards the knees.
4. Inhale and brace the core, then exhale and kick the legs out to the sides, pulling the footplate towards the chest.
5. Return to the starting position and repeat.



Multi Gym Exercise Manual

Yijin Wang



Multi Gym Exercise Manual:

Unveiling the Magic of Words: A Overview of "**Multi Gym Exercise Manual**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Multi Gym Exercise Manual**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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