

ABDOMINAL CRUNCH

Muscles Worked: Rectus abdominis, external and internal obliques, transverse abdominis, erector spinae, and iliopsoas.

How to perform:

1. Sit on the machine with your feet under the footplate and your hands on the handles.
2. Pull the handles down towards your knees, lifting your shoulders off the seat.
3. Hold the contraction for a moment, then slowly lower your shoulders back to the seat.
4. Repeat for the desired number of repetitions.

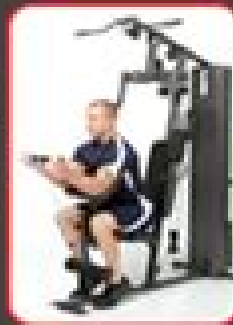


BICEP CURL

Muscles Worked: Brachialis, brachioradialis, and biceps brachii.

How to perform:

1. Stand with your feet shoulder-width apart and your hands on the handles.
2. Pull the handles up towards your shoulders, keeping your elbows close to your body.
3. Hold the contraction for a moment, then slowly lower the handles back down.
4. Repeat for the desired number of repetitions.



PREACHER CURL

Muscles Worked: Brachialis, brachioradialis, and biceps brachii.

How to perform:

1. Sit on the machine with your feet under the footplate and your hands on the handles.
2. Pull the handles up towards your shoulders, keeping your elbows on the pads.
3. Hold the contraction for a moment, then slowly lower the handles back down.
4. Repeat for the desired number of repetitions.

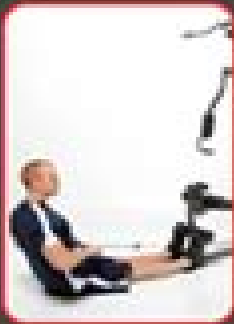


TRICEP PUSH-DOWN

Muscles Worked: Triceps brachii.

How to perform:

1. Stand with your feet shoulder-width apart and your hands on the handles.
2. Push the handles down towards your feet, keeping your elbows close to your body.
3. Hold the contraction for a moment, then slowly raise the handles back up.
4. Repeat for the desired number of repetitions.

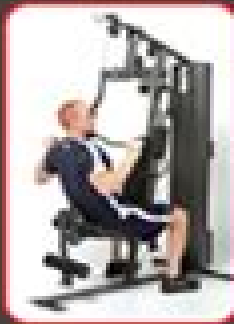


SEATED ROW

Muscles Worked: Latissimus dorsi, rhomboids, trapezius, and biceps brachii.

How to perform:

1. Sit on the machine with your feet under the footplate and your hands on the handles.
2. Pull the handles up towards your chest, keeping your elbows close to your body.
3. Hold the contraction for a moment, then slowly lower the handles back down.
4. Repeat for the desired number of repetitions.



LAT PULL-DOWN

Muscles Worked: Latissimus dorsi, trapezius, and biceps brachii.

How to perform:

1. Sit on the machine with your feet under the footplate and your hands on the handles.
2. Pull the handles down towards your chest, keeping your elbows close to your body.
3. Hold the contraction for a moment, then slowly raise the handles back up.
4. Repeat for the desired number of repetitions.

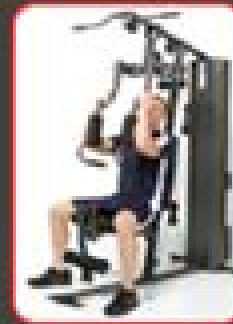


STANDING BENCH PRESS

Muscles Worked: Pectoralis major, anterior deltoids, and triceps brachii.

How to perform:

1. Stand with your feet shoulder-width apart and your hands on the handles.
2. Press the handles up and out towards your feet, keeping your elbows close to your body.
3. Hold the contraction for a moment, then slowly lower the handles back down.
4. Repeat for the desired number of repetitions.



PECTORAL FLY

Muscles Worked: Pectoralis major and pectoralis minor.

How to perform:

1. Sit on the machine with your feet under the footplate and your hands on the handles.
2. Pull the handles out and down towards your feet, keeping your elbows close to your body.
3. Hold the contraction for a moment, then slowly raise the handles back up.
4. Repeat for the desired number of repetitions.



LEG EXTENSION

Muscles Worked: Rectus femoris, vastus medialis, vastus lateralis, and vastus intermedius.

How to perform:

1. Sit on the machine with your feet under the footplate and your hands on the handles.
2. Push the handles up and out towards your feet, keeping your knees close to your body.
3. Hold the contraction for a moment, then slowly lower the handles back down.
4. Repeat for the desired number of repetitions.



STANDING LEG CURL

Muscles Worked: Biceps femoris, semitendinosus, and semimembranosus.

How to perform:

1. Stand with your feet shoulder-width apart and your hands on the handles.
2. Pull the handles up towards your chest, keeping your knees close to your body.
3. Hold the contraction for a moment, then slowly lower the handles back down.
4. Repeat for the desired number of repetitions.



LEG KICK BACK

Muscles Worked: Gluteus maximus, biceps femoris, and hamstrings.

How to perform:

1. Stand with your feet shoulder-width apart and your hands on the handles.
2. Kick your legs back and up towards your chest, keeping your knees close to your body.
3. Hold the contraction for a moment, then slowly lower your legs back down.
4. Repeat for the desired number of repetitions.



LEG KICK OUT TO THE SIDE

Muscles Worked: Gluteus medius, gluteus minimus, and tensor fasciae latae.

How to perform:

1. Stand with your feet shoulder-width apart and your hands on the handles.
2. Kick your legs out to the side and up towards your chest, keeping your knees close to your body.
3. Hold the contraction for a moment, then slowly lower your legs back down.
4. Repeat for the desired number of repetitions.

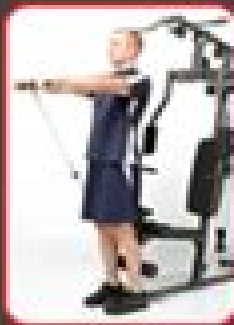


UPRIGHT ROW

Muscles Worked: Trapezius, rhomboids, and biceps brachii.

How to perform:

1. Stand with your feet shoulder-width apart and your hands on the handles.
2. Pull the handles up towards your chest, keeping your elbows close to your body.
3. Hold the contraction for a moment, then slowly lower the handles back down.
4. Repeat for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles Worked: Anterior deltoids and coracobrachialis.

How to perform:

1. Stand with your feet shoulder-width apart and your hands on the handles.
2. Raise the handles up and out towards your feet, keeping your elbows close to your body.
3. Hold the contraction for a moment, then slowly lower the handles back down.
4. Repeat for the desired number of repetitions.



LEG KICK WITH THIGH PRODUCTION

Muscles Worked: Gluteus maximus, biceps femoris, and hamstrings.

How to perform:

1. Stand with your feet shoulder-width apart and your hands on the handles.
2. Kick your legs back and up towards your chest, keeping your knees close to your body.
3. Hold the contraction for a moment, then slowly lower your legs back down.
4. Repeat for the desired number of repetitions.



Multigym Workout Manual

Victor M. Corman



Multigym Workout Manual:

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