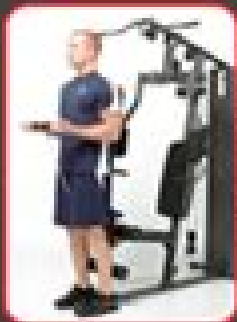




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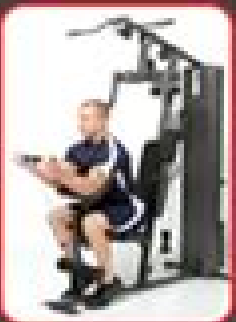
1. Pull the handles towards your chest.
2. Keep your back straight and your feet flat on the floor.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then slowly return them to the starting position.
5. Repeat the exercise for the desired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



BICEP CURL

MUSCLES PRIMARILY INVOLVED:

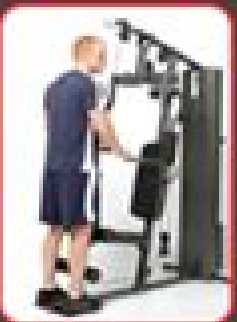
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then slowly return them to the starting position.
5. Repeat the exercise for the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



PREACHER CURL

MUSCLES PRIMARILY INVOLVED:

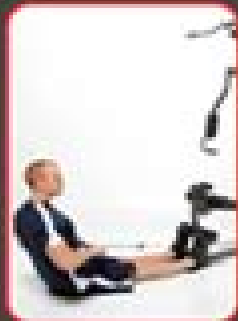
1. Sit on the machine with your back straight.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then slowly return them to the starting position.
5. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

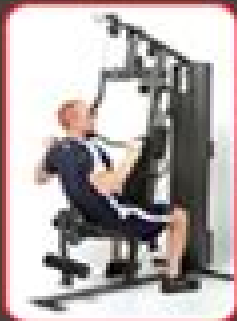
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Push the handles down towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then slowly return them to the starting position.
5. Repeat the exercise for the desired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



SEATED ROW

MUSCLES PRIMARILY INVOLVED:

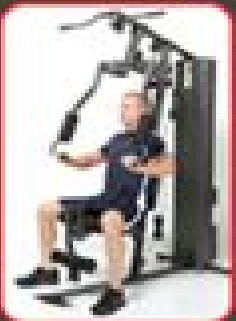
1. Pull the handles towards your chest.
2. Keep your back straight and your feet flat on the floor.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then slowly return them to the starting position.
5. Repeat the exercise for the desired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



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

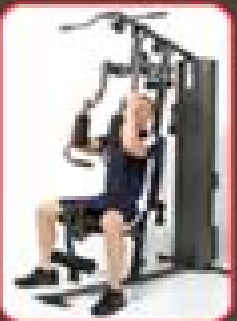
1. Sit on the machine with your back straight.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles down towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then slowly return them to the starting position.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

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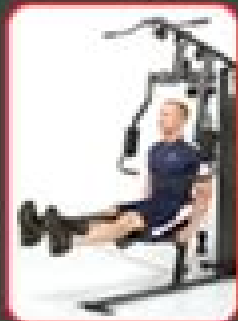
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Press the handles up towards your head, keeping your elbows close to your body.
4. Hold the handles for a moment, then slowly return them to the starting position.
5. Repeat the exercise for the desired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



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

1. Sit on the machine with your back straight.
2. Hold the handles with your hands shoulder-width apart.
3. Fly the handles out towards your feet, 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.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED:

1. Sit on the machine with your back straight.
2. Hold the handles with your hands shoulder-width apart.
3. Extend your legs out towards your feet, keeping your feet flat on the floor.
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.



STANDING LEG CURL

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Curl your legs up towards your chest, keeping your feet flat on the floor.
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.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs back towards your feet, keeping your feet flat on the floor.
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.



LEG KICK OUT

MUSCLES PRIMARILY INVOLVED:

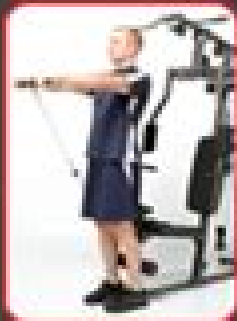
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs out towards your feet, keeping your feet flat on the floor.
4. Hold the handles for a moment, then slowly return them to the starting position.
5. Repeat the exercise for the desired number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



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Row the handles up 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.



FRONT SHOULDER RAISE

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Raise the handles up towards your head, 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.



LEG KICK OVER

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs over your head, keeping your feet flat on the floor.
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.



Multi Gym Exercise Manual

Christian G. Meyer



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