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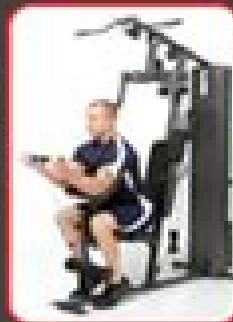
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your knees bent.
3. Pull the handle to your chest, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



BICEP CURL

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Curl the handle up towards your chest, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. 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. Curl the handle up towards your chest, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

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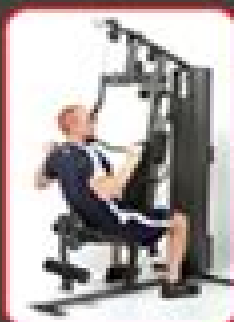
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Push the handle down towards your feet, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



SEATED ROW

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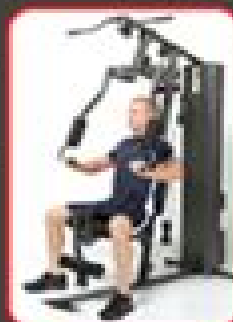
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your knees bent.
3. Pull the handle to your chest, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

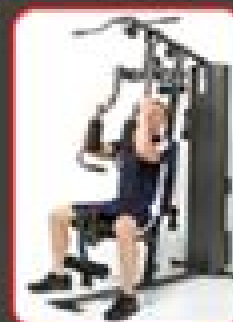
1. Sit on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Pull the handle down towards your feet, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



STANDING BENCH PRESS

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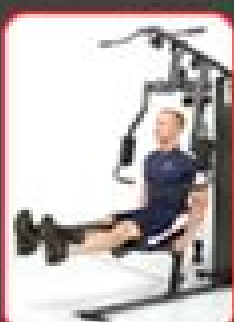
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Press the handle up towards your chest, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Fly the handle out to the sides, keeping your back straight.
4. Hold the handle for a moment, then release it.
5. 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. Extend your legs outwards, keeping your back straight.
3. Hold the handle for a moment, then release it.
4. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Curl the handle up towards your chest, keeping your back straight.
3. Hold the handle for a moment, then release it.
4. Repeat the exercise for the desired number of repetitions.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Kick the handle back towards your feet, keeping your back straight.
3. Hold the handle for a moment, then release it.
4. Repeat the exercise for the desired number of repetitions.



LEG KICK OUTWARDS THIGH (ADDUCTION)

MUSCLES PRIMARILY INVOLVED:

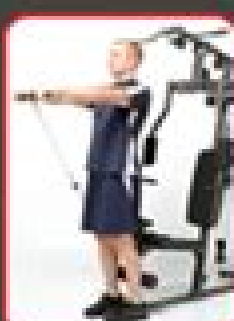
1. Stand with feet shoulder-width apart.
2. Kick the handle outwards towards your feet, keeping your back straight.
3. Hold the handle for a moment, then release it.
4. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Pull the handle up towards your chest, keeping your back straight.
3. Hold the handle for a moment, then release it.
4. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RANGE

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Pull the handle up towards your chest, keeping your back straight.
3. Hold the handle for a moment, then release it.
4. Repeat the exercise for the desired number of repetitions.



LEG KICK INWARDS THIGH (ABDUCTION)

MUSCLES PRIMARILY INVOLVED:

1. Stand with feet shoulder-width apart.
2. Kick the handle inwards towards your feet, keeping your back straight.
3. Hold the handle for a moment, then release it.
4. Repeat the exercise for the desired number of repetitions.



Multi Gym Instruction Chart

**William George Bruce, William Conrad
Bruce**



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Table of Contents Multi Gym Instruction Chart

1. Understanding the eBook Multi Gym Instruction Chart
 - The Rise of Digital Reading Multi Gym Instruction Chart
 - Advantages of eBooks Over Traditional Books
2. Identifying Multi Gym Instruction Chart
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Multi Gym Instruction Chart
 - User-Friendly Interface
4. Exploring eBook Recommendations from Multi Gym Instruction Chart
 - Personalized Recommendations
 - Multi Gym Instruction Chart User Reviews and Ratings
 - Multi Gym Instruction Chart and Bestseller Lists
5. Accessing Multi Gym Instruction Chart Free and Paid eBooks
 - Multi Gym Instruction Chart Public Domain eBooks
 - Multi Gym Instruction Chart eBook Subscription Services
 - Multi Gym Instruction Chart Budget-Friendly Options

6. Navigating Multi Gym Instruction Chart eBook Formats
 - ePub, PDF, MOBI, and More
 - Multi Gym Instruction Chart Compatibility with Devices
 - Multi Gym Instruction Chart Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Multi Gym Instruction Chart
 - Highlighting and Note-Taking Multi Gym Instruction Chart
 - Interactive Elements Multi Gym Instruction Chart
8. Staying Engaged with Multi Gym Instruction Chart
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Multi Gym Instruction Chart
9. Balancing eBooks and Physical Books Multi Gym Instruction Chart
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Multi Gym Instruction Chart
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Multi Gym Instruction Chart
 - Setting Reading Goals Multi Gym Instruction Chart
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Multi Gym Instruction Chart
 - Fact-Checking eBook Content of Multi Gym Instruction Chart
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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