



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED**

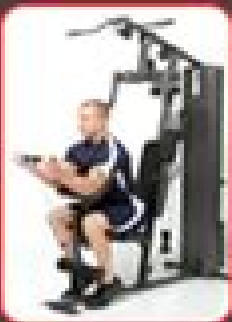
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Release the handle and repeat.



#### 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 shoulders, keeping your elbows close to your body.
4. Release the handle and repeat.



#### PREACHER CURL

**MUSCLES PRIMARILY INVOLVED**

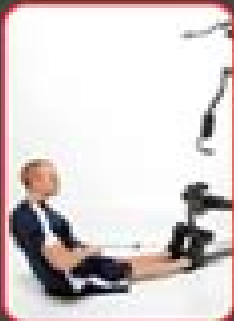
1. Sit on the machine with your feet on the foot plate.
2. Hold the handle with both hands, palms facing forward.
3. Curl the handle up towards your shoulders, keeping your elbows close to your body.
4. Release the handle and repeat.



#### TRICEP PUSH-DOWN

**MUSCLES PRIMARILY INVOLVED**

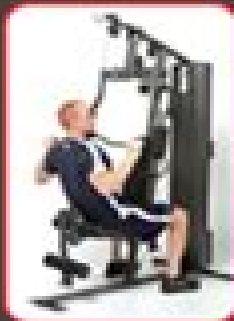
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Push the handle down towards your feet, keeping your elbows close to your body.
4. Release the handle and repeat.



#### SEATED ROW

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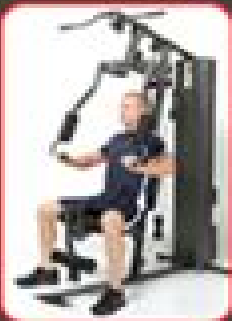
1. Pull the handle to your chest.
2. Keep your feet on the foot plate and your back straight.
3. Pull the handle to your chest, keeping your elbows close to your body.
4. Release the handle and repeat.



#### 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 elbows close to your body.
4. Release the handle and repeat.



#### STANDING BENCH PRESS

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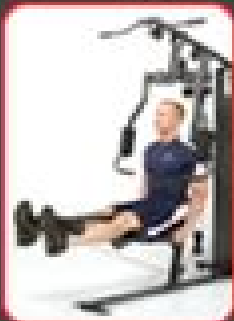
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Press the handle up towards your feet, keeping your elbows close to your body.
4. Release the handle and repeat.



#### PECTORAL FLY

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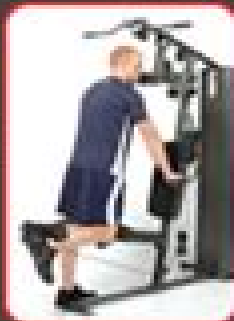
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Fly the handle out towards your feet, keeping your elbows close to your body.
4. Release the handle and repeat.



#### LEG EXTENSION

**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. Extend your legs out towards your feet, keeping your knees straight.
4. Release the handle and repeat.



#### STANDING LEG CURL

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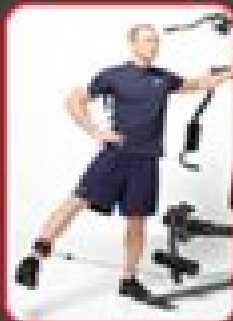
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Curl your legs up towards your feet, keeping your knees straight.
4. Release the handle and repeat.



#### LEG KICK BACK

**MUSCLES PRIMARILY INVOLVED**

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Kick your legs back towards your feet, keeping your knees straight.
4. Release the handle and repeat.



#### LEG KICK OUT

**MUSCLES PRIMARILY INVOLVED**

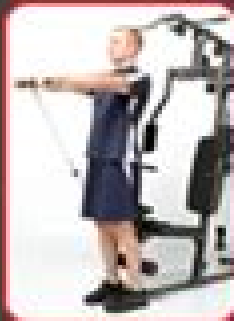
1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Kick your legs out towards your feet, keeping your knees straight.
4. Release the handle and repeat.



#### UPRIGHT ROW

**MUSCLES PRIMARILY INVOLVED**

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Row the handle up towards your feet, keeping your elbows close to your body.
4. Release the handle and repeat.



#### FRONT SHOULDER RAISE

**MUSCLES PRIMARILY INVOLVED**

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Raise the handle up towards your feet, keeping your elbows close to your body.
4. Release the handle and repeat.



#### LEG KICK OUT

**MUSCLES PRIMARILY INVOLVED**

1. Stand with feet shoulder-width apart.
2. Hold the handle with both hands, palms facing forward.
3. Kick your legs out towards your feet, keeping your knees straight.
4. Release the handle and repeat.



# Perfect Gym Multigym Workout Guide

**Tobias Bleicker**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Perfect Gym Multigym Workout Guide:**

## Reviewing **Perfect Gym Multigym Workout Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Perfect Gym Multigym Workout Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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