



SEATED CRUNCH

MUSCLES PRIMARILY INVOLVED:

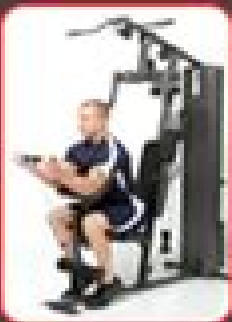
1. Sit on the machine with your feet flat on the floor.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



BICEP CURL

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



PREACHER CURL

MUSCLES PRIMARILY INVOLVED:

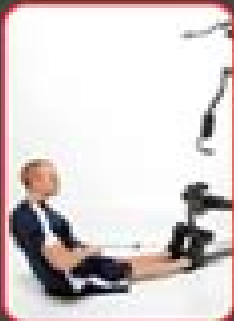
1. Sit on the machine with your feet flat on the floor.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

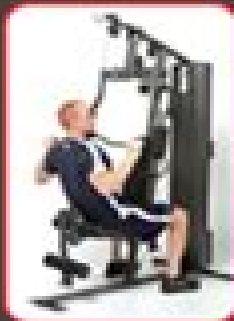
1. Stand with your feet shoulder-width apart.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



SEATED ROW

MUSCLES PRIMARILY INVOLVED:

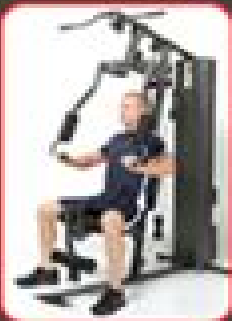
1. Sit on the machine with your feet flat on the floor.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

1. Sit on the machine with your feet flat on the floor.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES PRIMARILY INVOLVED:

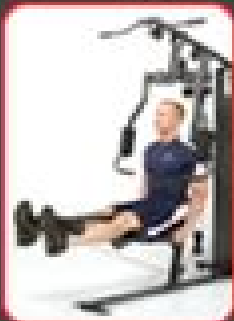
1. Stand with your feet shoulder-width apart.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

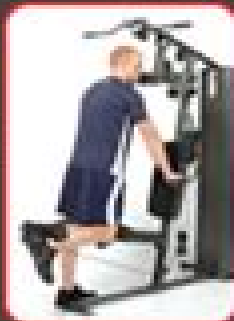
1. Stand with your feet shoulder-width apart.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED:

1. Sit on the machine with your feet flat on the floor.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



STANDING LEG CURL

MUSCLES PRIMARILY INVOLVED:

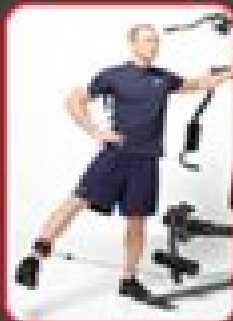
1. Stand with your feet shoulder-width apart.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



LEG KICK OUTER THIGH (ABDUCTORS)

MUSCLES PRIMARILY INVOLVED:

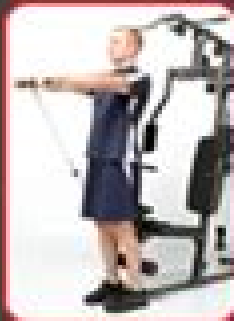
1. Stand with your feet shoulder-width apart.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



LEG KICK INNER THIGH (ADDUCTORS)

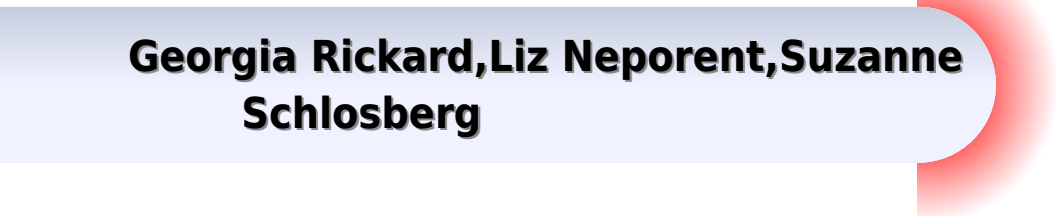
MUSCLES PRIMARILY INVOLVED:

1. Stand with your feet shoulder-width apart.
2. Grasp the handles and pull them towards your chest.
3. As you pull, exhale and lift your shoulders off the seat.
4. Hold the contraction for a moment, then lower your shoulders back to the seat.
5. Repeat for the desired number of repetitions.



Perfect Gym Multigym Workout Guide

**Georgia Rickard, Liz Neporent, Suzanne
Schlosberg**



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