



SEATED CRUNCH

MUSCLES PRIMARILY INVOLVED:

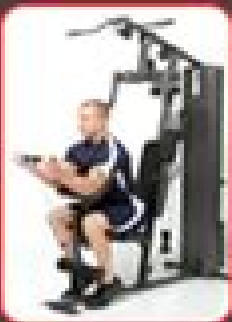
1. Flex the abdominal muscles.
2. Bend knees and feet in the air, pulling the feet towards the chest.
3. Pull the upper body forward, rounding the shoulders and head.
4. Push the upper body back up, returning to the starting position.
5. Repeat the movement for the desired number of repetitions.



BICEP CURL

MUSCLES PRIMARILY INVOLVED:

1. Flex the bicep muscles.
2. Bend the elbow, pulling the weight up towards the shoulder.
3. Hold the weight at the shoulder, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



PREACHER CURL

MUSCLES PRIMARILY INVOLVED:

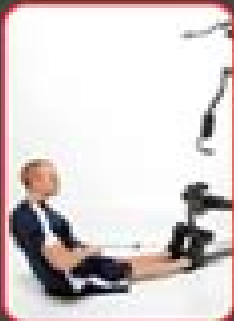
1. Flex the bicep muscles.
2. Bend the elbow, pulling the weight up towards the shoulder.
3. Hold the weight at the shoulder, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES PRIMARILY INVOLVED:

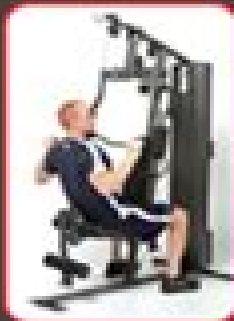
1. Flex the tricep muscles.
2. Bend the elbow, pushing the weight down.
3. Hold the weight at the bottom, then pull it back up.
4. Repeat the movement for the desired number of repetitions.



SEATED ROW

MUSCLES PRIMARILY INVOLVED:

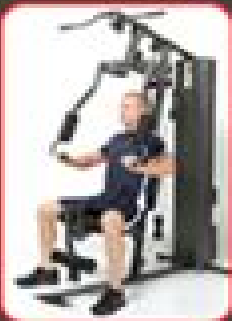
1. Flex the back muscles.
2. Pull the weight towards the chest.
3. Hold the weight at the chest, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES PRIMARILY INVOLVED:

1. Flex the back muscles.
2. Pull the weight down towards the chest.
3. Hold the weight at the chest, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES PRIMARILY INVOLVED:

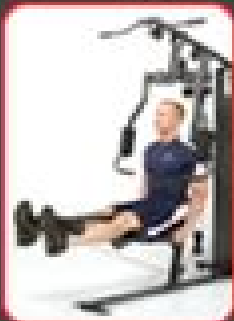
1. Flex the shoulder muscles.
2. Push the weight up towards the ceiling.
3. Hold the weight at the top, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



PECTORAL FLY

MUSCLES PRIMARILY INVOLVED:

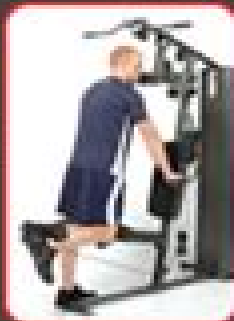
1. Flex the chest muscles.
2. Pull the weight towards the chest.
3. Hold the weight at the chest, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



LEG EXTENSION

MUSCLES PRIMARILY INVOLVED:

1. Flex the leg muscles.
2. Push the weight up towards the ceiling.
3. Hold the weight at the top, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



STANDING LEG CURL

MUSCLES PRIMARILY INVOLVED:

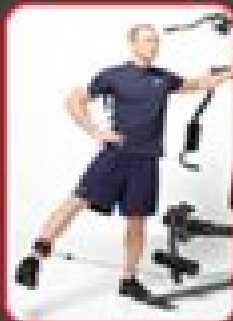
1. Flex the leg muscles.
2. Pull the weight up towards the chest.
3. Hold the weight at the chest, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



LEG KICK BACK

MUSCLES PRIMARILY INVOLVED:

1. Flex the leg muscles.
2. Kick the leg back towards the ceiling.
3. Hold the leg at the top, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



LEG KICK OUT TO THE SIDE

MUSCLES PRIMARILY INVOLVED:

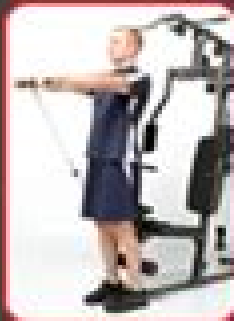
1. Flex the leg muscles.
2. Kick the leg out to the side towards the ceiling.
3. Hold the leg at the top, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



UPRIGHT ROW

MUSCLES PRIMARILY INVOLVED:

1. Flex the shoulder muscles.
2. Pull the weight up towards the chest.
3. Hold the weight at the chest, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLES PRIMARILY INVOLVED:

1. Flex the shoulder muscles.
2. Raise the weight up towards the ceiling.
3. Hold the weight at the top, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



LEG KICK OVER THE HEAD

MUSCLES PRIMARILY INVOLVED:

1. Flex the leg muscles.
2. Kick the leg over the head towards the ceiling.
3. Hold the leg at the top, then lower it back down.
4. Repeat the movement for the desired number of repetitions.



Perfect Gym Multigym Workout Guide

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Perfect Gym Multigym Workout Guide:

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