



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED:**

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



#### BICEP CURL

**MUSCLES PRIMARILY INVOLVED:**

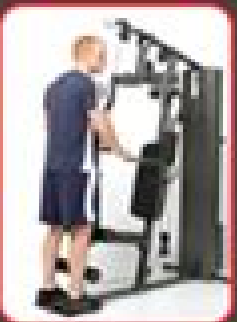
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired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



#### PREACHER CURL

**MUSCLES PRIMARILY INVOLVED:**

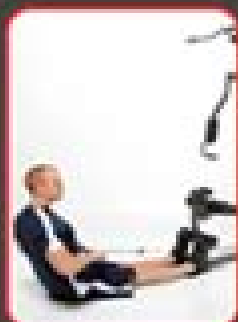
1. Sit on the machine with your feet flat on the floor.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles up towards your shoulders, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise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



#### TRICEP PUSH-DOWN

**MUSCLES PRIMARILY INVOLVED:**

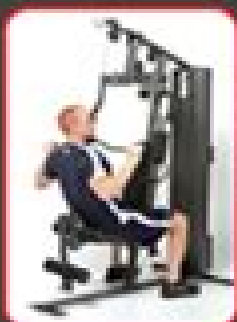
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Push the handles down towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired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



#### SEATED ROW

**MUSCLES PRIMARILY INVOLVED:**

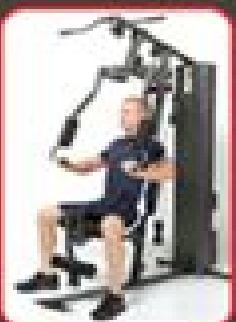
1. Pull the handles towards your chest.
2. Keep your feet flat on the floor and your back straight.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired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



#### LAT PULL-DOWN

**MUSCLES PRIMARILY INVOLVED:**

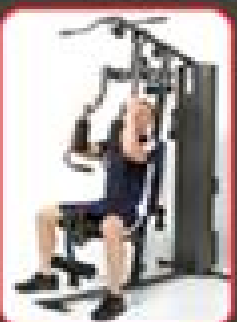
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Pull the handles down towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired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



#### STANDING BENCH PRESS

**MUSCLES PRIMARILY INVOLVED:**

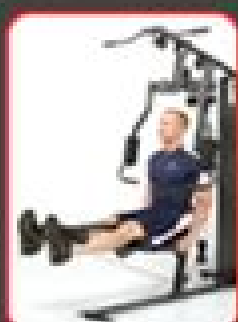
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Press the handles up towards your feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired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



#### PECTORAL FLY

**MUSCLES PRIMARILY INVOLVED:**

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



#### STANDING LEG CURL

**MUSCLES PRIMARILY INVOLVED:**

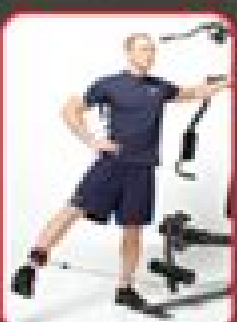
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Curl your legs up towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number 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 knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### LEG KICK OUTWARD THRUST (PILATES FORM)

**MUSCLES PRIMARILY INVOLVED:**

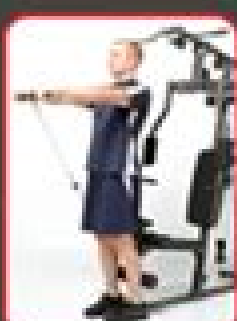
1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs outwards towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired 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 feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back 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 feet, keeping your elbows close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



#### LEG KICK INWARD THRUST (PILATES FORM)

**MUSCLES PRIMARILY INVOLVED:**

1. Stand with feet shoulder-width apart.
2. Hold the handles with your hands shoulder-width apart.
3. Kick your legs inwards towards your feet, keeping your knees close to your body.
4. Hold the handles for a moment, then release them back to the starting position.
5. Repeat the exercise for the desired number of repetitions.



# Perfect Gym Multigym Workout Guide

**David Kirk**



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