

SEATED ROW

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

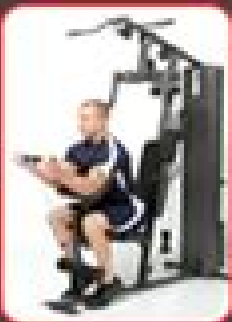
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



BICEP CURL

MUSCLES INVOLVED: Biceps brachii, brachialis, and brachioradialis.

1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your hands on the handles.
3. Curl the handles up towards your shoulders, squeezing your biceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



PREACHER CURL

MUSCLES INVOLVED: Biceps brachii, brachialis, and brachioradialis.

1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your hands on the handles.
3. Curl the handles up towards your shoulders, squeezing your biceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES INVOLVED: Triceps brachii.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your hands on the handles.
3. Push the handles down towards your thighs, squeezing your triceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED ROW

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, biceps, and forearms.

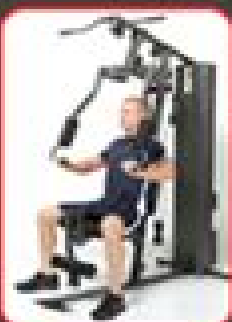
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your hands on the handles.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



LAT PULL-DOWN

MUSCLES INVOLVED: Latissimus dorsi, rhomboids, trapezius, and biceps.

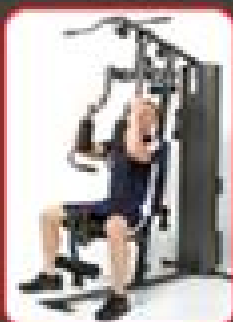
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your hands on the handles.
3. Pull the handles down towards your chest, squeezing your lats.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



STANDING BENCH PRESS

MUSCLES INVOLVED: Pectoralis major, triceps, and shoulders.

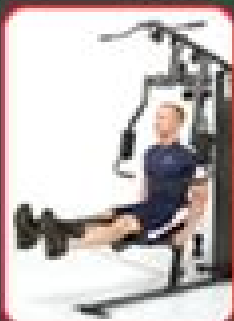
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your hands on the handles.
3. Press the handles up towards your chest, squeezing your pectorals and triceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



PECTORAL FLY

MUSCLES INVOLVED: Pectoralis major.

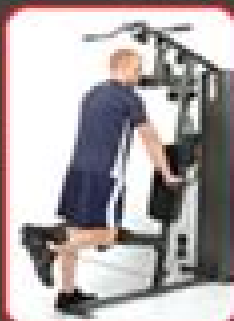
1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your hands on the handles.
3. Fly the handles out to the sides, squeezing your pectorals.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



LEG EXTENSION

MUSCLES INVOLVED: Rectus femoris, vastus medialis, vastus lateralis, and vastus intermedius.

1. Adjust the machine to your height.
2. Sit on the machine with your feet on the footplate and your hands on the handles.
3. Extend your legs outwards, squeezing your quadriceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



STANDING LEG CURL

MUSCLES INVOLVED: Biceps femoris, semitendinosus, and semimembranosus.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your hands on the handles.
3. Curl your legs up towards your chest, squeezing your hamstrings.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



LEG KICK BACK

MUSCLES INVOLVED: Gluteus maximus, biceps femoris, and hamstrings.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your hands on the handles.
3. Kick your legs back, squeezing your glutes and hamstrings.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



LEG KICK OUT

MUSCLES INVOLVED: Gluteus maximus, biceps femoris, and hamstrings.

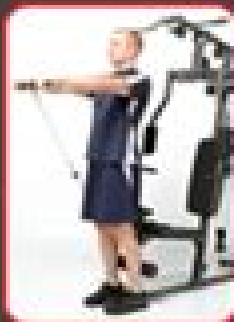
1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your hands on the handles.
3. Kick your legs out to the sides, squeezing your glutes and hamstrings.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



UPRIGHT ROW

MUSCLES INVOLVED: Trapezius, rhomboids, and biceps.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your hands on the handles.
3. Row the handles up towards your chest, squeezing your trapezius and biceps.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLES INVOLVED: Deltoids and trapezius.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your hands on the handles.
3. Raise the handles up towards your shoulders, squeezing your deltoids.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



LEG KICK OUT

MUSCLES INVOLVED: Gluteus maximus, biceps femoris, and hamstrings.

1. Adjust the machine to your height.
2. Stand on the machine with your feet on the footplate and your hands on the handles.
3. Kick your legs out to the sides, squeezing your glutes and hamstrings.
4. Hold the contraction for a moment, then release the handles back to the starting position.
5. Repeat for the desired number of repetitions.



Perfect Gym Multigym Workout Guide

Douglas Brooks



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A Beginners Guide to Working Out Dr. W.

Ness,2019-09-23 The activities people do have a huge effect on their health and overall quality of life Getting enough physical exercise is actually a fairly simple process however most people seem to be confused about what a healthy amount of exercise is and how to even begin in part this is due to the explosion of new exercise trends that have popped up over the past 50 years These new exercise and workout trends can often lead to distractions and confusions about what constitutes a basic healthy and adequate exercise routine Inside this guide A Beginners Guide to Working Out The Ultimate Guide to Starting an Exercise Routine for Physical Fitness we hope to teach you the basis of what comprises a healthy exercise routine and how everyone can get a full workout as needed by their bodies to stay physically and medically healthy fit By reading our beginners guide to fitness you will learn How Much Exercise is Needed Every Day What the Best Types of Exercise Are The Different Type of Exercise Routines Where to Effectively Workout The Common Exercise Equipment People Use A 7 Day Example Exercise Routine The Added Health Benefits of Regular Exercise And so Much More Getting started on a regular healthy and non restrictive exercise program is easier and less time consuming than most people think The Complete Idiot's Guide to Weight Training, Illustrated, 4th Edition Deidre Cane,Jonathan Cane,2012-12-04 The Complete Idiot s Guide to Weight Training Illustrated Fourth Edition is for both novice and intermediate gym workouts Multiple exercises are explained with step by step instructions using well over 300 illustrations in this large trim easy to read training guide Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated

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