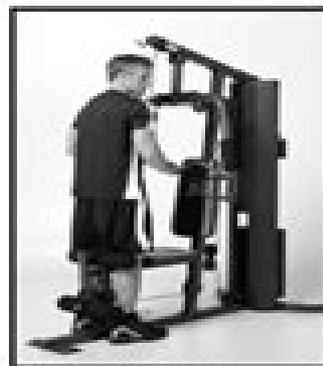




SEATED BENCH PRESS
MUSCLE EMPHASIS: PECTORALIS



PECTORAL FLY
MUSCLE EMPHASIS: PECTORALIS



TRICEP PUSH-DOWN
MUSCLE EMPHASIS: TRICEPS



WIDE LAT PULL-DOWN
MUSCLE EMPHASIS: LATISSIMUS DORSI



SEATED BICEP CURL
MUSCLE EMPHASIS: BICEPS



STANDING BICEP CURL
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HIGH PULLEY AB CRUNCH
MUSCLE EMPHASIS: ABS/CORE



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LEG CURL
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OUTER LEG KICK
MUSCLE EMPHASIS: OUTER THIGH



LEG KICK BACK
MUSCLE EMPHASIS: GLUTES/LEG



INNER LEG KICK
MUSCLE EMPHASIS: INNER THIGH



FRONT DELTOID RAISE
MUSCLE EMPHASIS: FRONT DELTOID



UPRIGHT ROW
MUSCLE EMPHASIS: DELTOID/TRAPPEZIUS

Multi Gym Exercise Guide

R Pring



Multi Gym Exercise Guide:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Multi Gym Exercise Guide**

In a world inundated with displays and the cacophony of instant communication, the profound energy and mental resonance of verbal beauty frequently disappear into obscurity, eclipsed by the regular assault of noise and distractions. Yet, situated within the lyrical pages of **Multi Gym Exercise Guide**, a charming work of literary beauty that pulses with natural emotions, lies an unique trip waiting to be embarked upon. Published by a virtuoso wordsmith, this interesting opus manuals readers on a psychological odyssey, lightly exposing the latent potential and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is main themes, dissect its captivating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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