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MUSCLE EMPHASIS: PECTORALIS



**PECTORAL FLY**  
MUSCLE EMPHASIS: PECTORALIS



**TRICEP PUSH-DOWN**  
MUSCLE EMPHASIS: TRICEPS



**WIDE LAT PULL-DOWN**  
MUSCLE EMPHASIS: LATISSIMUS DORSI



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MUSCLE EMPHASIS: BICEPS



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



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**LEG CURL**  
MUSCLE EMPHASIS: HAMSTRINGS



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MUSCLE EMPHASIS: OUTER THIGH



**LEG KICK BACK**  
MUSCLE EMPHASIS: GLUTES/LEG



**INNER LEG KICK**  
MUSCLE EMPHASIS: INNER THIGH



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# Multi Gym Workout Guide

**B Lingard**



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