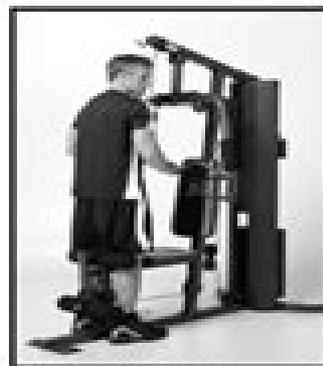




**SEATED BENCH PRESS**  
MUSCLE EMPHASIS: PECTORALIS



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



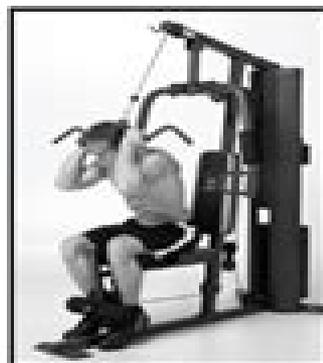
**WIDE LAT PULL-DOWN**  
MUSCLE EMPHASIS: LATISSIMUS DORSI



**SEATED BICEP CURL**  
MUSCLE EMPHASIS: BICEPS



**STANDING BICEP CURL**  
MUSCLE EMPHASIS: BICEPS



**HIGH PULLEY AB CRUNCH**  
MUSCLE EMPHASIS: ABS/CORE



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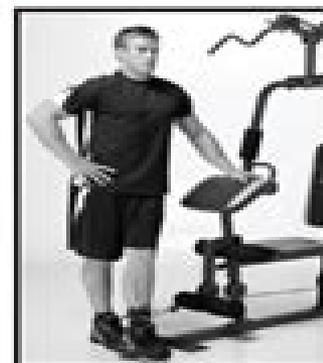
**LEG CURL**  
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**OUTER LEG KICK**  
MUSCLE EMPHASIS: OUTER THIGH



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



**FRONT DELTOID RAISE**  
MUSCLE EMPHASIS: FRONT DELTOID



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# Multi Home Gym Exercise Manual

**O García**



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