

MULTI GYM



MG 100

MG-LP

MG-CC

Biceps Curl



Single Row



Leg Press



Biceps Curl



Reverse Fly



Single Punch



Single Side Raise



MG-VKR

Reverse Abs Curl



Single Fly



Single Side Raise



Fly



Triceps Extension



Seated Row



Lat Pulldown



Chin Up



Triceps Pushdown



Upright Row



Back Row



Reverse Fly



Dip



Side Raise



Shoulder Press



Leg Extension



Leg Curl



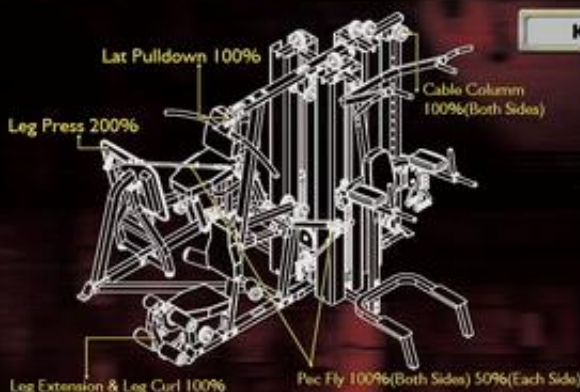
Push Up



Single Chest Press



Single Row



KNOW YOUR GYM

