

Single Stack Multi Gym Exercise

Legs

Chest

Back

Shoulders

Arms

Abs



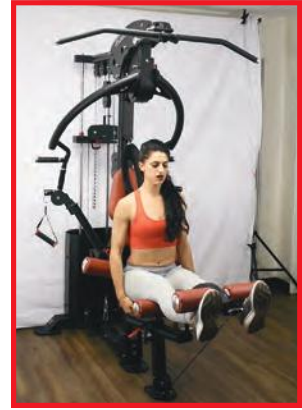
Inner Thigh Kicks



Outer Thigh Kicks



Glute Kicks



Leg Extension



Standing Leg Curls



Squats



Single Leg Squats



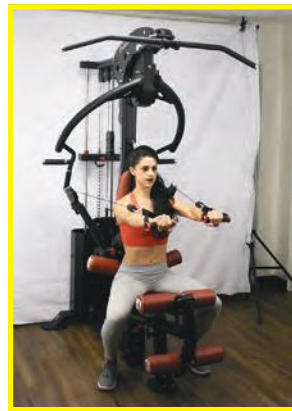
Horizontal Chest Press



Vertical Chest Press



Incline Chest Press



Deep Chest Press



Crossover Pec Flys



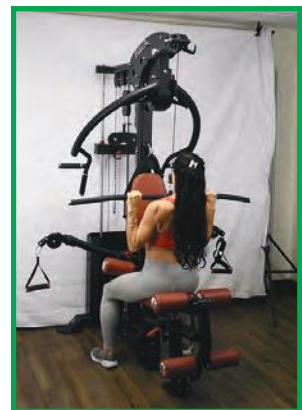
Horizontal Seated Rows



Vertical Seated Rows



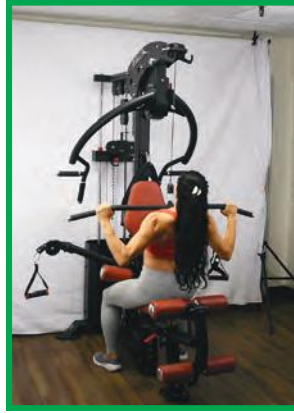
Standing Lat Rows



Close Grip Lat Pulldowns



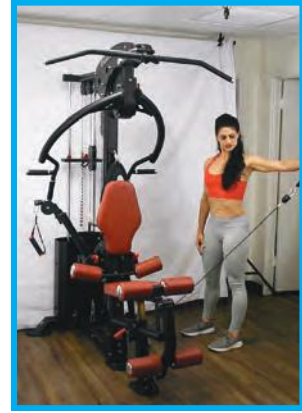
Underhand Lap Pulldowns



Wide Grip Lat Pulldowns



Shoulder Press



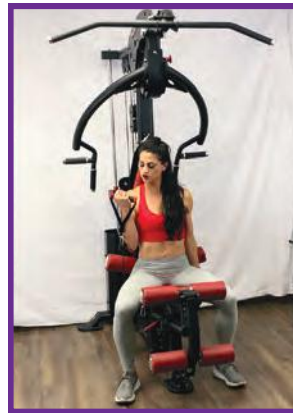
Side Lateral Raise



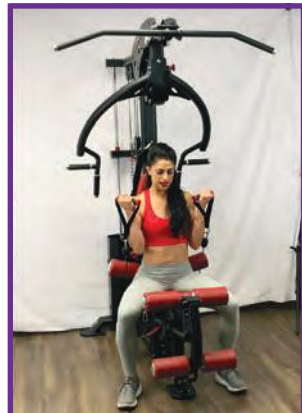
Upright Deltoid Raise



Front Lateral Raise



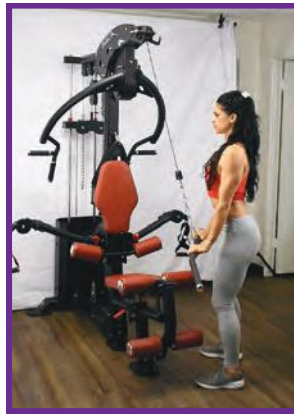
Single Arm Biceps Curls



Double Arm Biceps Curls



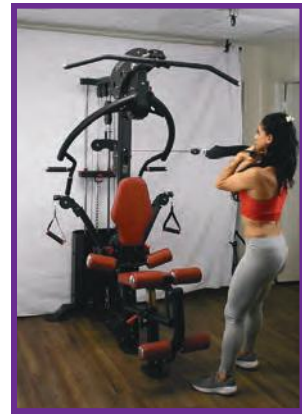
Single Arm Curls



Tricep Pressdowns



Triceps Extension



Standing Arm Curls



Revolving Bar Curls



Underhand Revolving Bar Curls



Ab Crunches



Oblique Crunches