



mp 3100
multi-function home gym

> exercise chart

NOTE: ALWAYS EXERCISE WITH PROPER FORM. ALWAYS USE THE CORRECT GRASP. ALWAYS USE THE CORRECT GRASP. ALWAYS USE THE CORRECT GRASP.



SEATED CABLE ROW
Muscles: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



STANDING CABLE ROW
Muscles: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE CROSSOVER
Muscles: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from high to low across your chest.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



STANDING CABLE CROSSOVER
Muscles: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from high to low across your chest.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE FLY
Muscles: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from high to low in a fly motion.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE TRICEPS EXTENSION
Muscles: Triceps, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from high to low behind your head.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE BICEP CURL
Muscles: Biceps, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from low to high towards your shoulders.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE SHOULDER PRESS
Muscles: Deltoids, triceps, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from low to high above your head.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE LAT PULL DOWN
Muscles: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from high to low towards your chest.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE TRICEPS EXTENSION
Muscles: Triceps, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from high to low behind your head.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE BICEP CURL
Muscles: Biceps, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from low to high towards your shoulders.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE SHOULDER PRESS
Muscles: Deltoids, triceps, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from low to high above your head.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE LAT PULL DOWN
Muscles: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from high to low towards your chest.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE TRICEPS EXTENSION
Muscles: Triceps, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from high to low behind your head.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



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Muscles: Biceps, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
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Muscles: Deltoids, triceps, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
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4. Hold for a moment.
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6. Repeat for 10-15 repetitions.



SEATED CABLE LAT PULL DOWN
Muscles: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from high to low towards your chest.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



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Muscles: Triceps, latissimus dorsi, rhomboids, trapezius, biceps, forearms.
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4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



SEATED CABLE LAT PULL DOWN
Muscles: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle from high to low towards your chest.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.



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3. Pull the handle from low to high above your head.
4. Hold for a moment.
5. Release the handle.
6. Repeat for 10-15 repetitions.

GETTING STARTED
Before you begin your workout, it is important to warm up your muscles. This can be done by performing light cardio for 5-10 minutes. Once you are warmed up, you can begin your workout. Start with the exercises listed in the chart, and gradually increase the weight as you become more comfortable. Remember to always use proper form and to breathe correctly. If you are unsure of how to perform an exercise, consult the manual or ask a fitness professional for assistance.

SAFETY PRECAUTIONS
Always use proper form and technique when performing exercises. Do not lift weights that are too heavy for you. If you feel any pain or discomfort, stop the exercise immediately. It is also important to stay hydrated during your workout. Drink plenty of water before, during, and after your exercise routine. Finally, make sure you are using the equipment correctly and that all safety features are in place before beginning your workout.

muscle reference guide



Gym Guide

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Gym Guide:

The Complete Idiot's Guide to Weight Training Deidre Johnson-Cane, Joe Glickman, Jonathan Cane, 2002-12-01 This text aims to be useful to those looking for an approachable beginner's guide to lifting weights. The book is issued in the illustrated format where photographs and line illustrations are given as much attention as the easy to read text. The guide includes multiple exercises for all the major muscle groups, photographs depicting the beginning, midpoint and ending positions for each exercise, and photographs depicting the most common mistakes in executing various exercises, allowing readers to learn from others' mistakes.

Discover Your Ideal Body: The Ultimate Guide to Achieving Your Fitness Goals Pasquale De Marco, 2025-07-15 Embark on a transformative journey towards your fitness goals with *Discover Your Ideal Body: The Ultimate Guide to Achieving Your Fitness Goals*. This comprehensive guidebook, meticulously crafted by Pasquale De Marco, is your ultimate companion to achieving a stronger, healthier, and more vibrant life. Within these pages, you'll find an all-encompassing approach to fitness, encompassing physical and mental well-being. Discover the science behind muscle growth, nutrition, and cardiovascular health, gaining valuable insights into how your body works and how to optimize its performance. *Discover Your Ideal Body: The Ultimate Guide to Achieving Your Fitness Goals* provides a wealth of targeted exercises and training techniques, carefully designed to sculpt and tone every muscle group. Whether you seek to build lean muscle, increase strength, or enhance cardiovascular endurance, this book offers a roadmap to achieving your desired outcomes. Beyond physical transformation, *Discover Your Ideal Body: The Ultimate Guide to Achieving Your Fitness Goals* emphasizes the importance of cultivating a healthy mindset and lifestyle. Explore the significance of sleep, stress management, and mindful eating, and learn how to integrate these practices into your routine for lasting success. With *Discover Your Ideal Body: The Ultimate Guide to Achieving Your Fitness Goals* by your side, you'll embark on a journey of self-discovery and self-improvement. Embrace the transformative power of fitness and unlock the best version of yourself. Step into a world of possibilities and create a life filled with vitality, confidence, and well-being. *Discover Your Ideal Body: The Ultimate Guide to Achieving Your Fitness Goals* is more than just a fitness guide; it's a catalyst for positive change. Its comprehensive approach empowers you to take control of your health, enhance your quality of life, and achieve your full potential. Join the ranks of those who have transformed their lives through fitness and experience the profound impact it can have on your physical, mental, and emotional well-being. If you like this book, write a review.

Pokemon Go: Game Guide Jay High, 2016-07-14 Become a source of jealousy as you dominate all your friends in one of the highest-grossing mobile games of all time with this ultimate guide. Learn how to quickly rack up levels, take over gyms, and top secrets of the game today. Buy this guide, and you will be on the road to being a Pokemon master.

Pokémon Scarlet & Violet - Strategy Guide GamerGuides.com, 2022-12-01 This guide for *Pokémon Scarlet* shows how to defeat all the Titan Pokémon, Starfall Street, how to make a mockery of Team Star, Map of the Paldea region including wild Pokémon locations. A comprehensive Pokédex featuring

all the Pok mon found in Paldea A detailed item database including all the TMs **Pokémon Scarlet and Violet Strategy Guide Book** Alpha Strategy Guides,2023-01-31 Embark on a magical journey through the world of Pok mon as you explore the massive open world of Paldea battling and catching loads of brand new Pok mon each with their own unique abilities strengths and weaknesses You can now also join forces with friends online to participate in relaxing picnics and epic battles while teaming up together to defeat the Gym Leaders Crew Leaders and special Titan Pok mon that stand in your way With the freedom to tackle challenges in any order you choose you ll need our expert guide to help you navigate Paldea and uncover its hidden secrets as you battle your way to become the ultimate Pok mon master Inside our helpful guide you ll find Tips and tricks on how to catch or defeat your opponents while battling An easy to use quick reference Type Damage chart for you to refer back to before a battle We cover what Tera Type Pok mon are how it works and when it s best to Terastallize your own Pok mon in battle What picnics are where to do them and how to use them to give you and your friend s Pok mon a handy stat boost A complete list of Meal Powers and what they do A comprehensive list of beginner tips and tricks to help you master the game even quicker The complete list of school class test answers How to prepare for and then beat every Pok mon Gym Leader How to take on the Elite 4 and the current Champion to become the No 1 Pok mon Trainer in Paldea How to take down all of the Crew bullies and beat them at their own game We show you how to battle the Titan Pok mon with ease How to enter the elusive crater in the middle of the island Top strats for capturing the well hidden Ruined Four Pok mon hidden around the world Complete data tables on the hundreds of different items you can collect along the way Alpha Strategy Guides offers the most professional Scarlet Violet strategy guide book anywhere Pick it up and become the ultimate Pok mon master *Pokémon Sword & Shield - Strategy Guide* GamerGuides.com,2019-11-14 Welcome to our comprehensive strategy guide for Pok mon Sword and Shield the latest entries in the Pok mon video game franchise Our guide also incorporates all the DLC including the Isle of Armor and brand new Crown Tundra DLC In Sword and Shield you explore the Galar region based on the United Kingdom alongside rivals Hop Bede and Marnie with the aim to dethrone the Pok mon League Champion The games introduce several new features such as Dynamaxing and Gigantamaxing functions that increase size and change forms of certain Pok mon the Wild Area a large open world with free camera movement and raids with co op battling They also reintroduce features previously seen in Sun and Moon and Let s Go Pikachu and Let s Go Eevee such as regional variants and roaming Pok mon depicted in the overworld Brand New October 2020 The Crown Tundra walkthrough and information Version 1 2 A Complete Walkthrough of the Isle of Armor Details of all 16 new Wild Areas including Pok mon encounter rates All the new Max Raid Dens Locations and Featured Pok mon Images and Locations of All 150 of the Missing Diglett The Isle of Armor Pok dex featuring 100 Returning Pok mon Recipes for the Cram o matic A Full Walkthrough featuring Pok mon encounter rates All Gym Encounters and Strategies New Items Mints Natures Explained Post Game content including Champion Cup Dynamaxing and Gigantamaxing The Galar Region Pok dex featuring 400

Pokemon The Rough Guide to Paris Rough Guides,2016-01-15 Now in its fifteenth edition The Rough Guide to Paris brings the perfect mix of fresh research and expert knowledge to Europe s most enchanting city Each neighbourhood is explored in depth with all the sights from the must sees to the more offbeat covered by Rough Guides experienced authors The surrounding region features too in the Day trips from Paris chapter and the whole lot is illustrated with beautiful photography throughout the guide Full colour maps ensure you ll find your way from sight to sight or from bar to bar with the minimum of fuss Combine this with accurate practical information on everything from public transport to opening hours and museum passes and you ll soon be browsing the Marais gliding on a boat along the Seine and sampling the best bistrots like a true Parisian The best of the Paris caf s restaurants and nightlife from the high end and exclusive to edgier new hotspots are reviewed in Rough Guides trademark honest and to the point style All accommodation budgets are catered for too whether you re after a grande dame city institution or a backpacker friendly party hostel Both for weekend breaks and longer stays The Rough Guide to Paris fits the bill *Pokémon Black & White - Strategy Guide* GamerGuides.com,2015-10-28 How to become the greatest trainer Unova has ever known with our highly detailed walkthrough of the main story and beyond Pokemon trainers and collectors alike will appreciate our extensive lists of Pokemon and item location ensuring nothing important goes under the Poke Radar Version 1 3 August 2016 Added Encounter rates for every area of the game Updated screenshots to make them a little clearer and added captions where appropriate Fixed tables Version 1 2 Completely restructured the guide to make it easier to follow Sections have been split into several chapters Images and tables retooled to look better on most browsers Hundreds of new illustrative high quality screenshots taken from the game Added many additional side areas and lots of postgame areas Version 1 1 Expanded Training and Battling segments Concise and easy to understand explanations of advanced stat building systems learn how to raise a prize Pok mon Added TM names find the items you want to find Corrected name and layout errors Also inside Expert strategies for defeating every single gym leader How to collect the various new Pok mon including Legendary Pok mon Thorough Route and Town guides detailing every collectable Pokemon and item Hidden secrets explained How to raise a super squad of undefeatable Pok mon *Interviews in Qualitative Research* Nigel King,Christine Horrocks,2010-02-25 Interviewing is used very widely in qualitative research and takes many different forms The qualitative interview is also a method that is constantly evolving in response both to theoretical and technological developments King and Horrocks present a clear and thorough guide to the use of interviews in contemporary qualitative research Writing in an accessible style with many practical examples the authors explore The key debates in the philosophy and theory underlying interview methods How to design and carry out interviews The special requirements of group and remote telephone and online interviewing The central issues of reflexivity and ethics The book also features a chapter which introduces the principles and practice of the thematic analysis of interview data and the book concludes with a detailed consideration of the use of interviews in two major

qualitative research traditions phenomenological and narrative approaches Interviews in Qualitative Research is a must have text for students and researchers planning to use interview methods for themselves It is aimed at a broad range of disciplines with examples drawn from across the social educational and health sciences *The Rough Guide to Sydney* Rough Guides,2009-10-01 The Rough Guide to Sydney is your indispensable travel guide with clear maps and detailed coverage of Australia s oldest largest and most vibrant city As well as step by step accounts of Sydney s city centre attractions you ll find full coverage of Sydney s magnificent beaches including quintessential surfing destination Bondi Beach Sydney s beautiful harbour where magnificent wild landscapes lie within easy reach by ferry and the surrounding countryside including the spectacular mist shrouded Blue Mountains and the wine lovers paradise of the Hunter Valley Besides in the know reviews of Sydney s hotels hostels and nightlife The Rough Guide to Sydney details Sydney s vibrant dining scene listing Sydney restaurants and caf s in up and coming neighbourhoods as well as in the ever changing city centre An entire chapter is devoted to Sydney s bars and pubs while further sections include Kids Sydney Shopping in Sydney and Gay Sydney where you ll find an overview of the city s legendary Mardi Gras just one of a year round calendar of exciting and unusual festivals Make the most of your holiday with The Rough Guide to Sydney [Top 100 Windows 8.1 Apps](#) Michael Miller,2014 Windows 8 and 8.1 are all about the new Modern interface and new full screen Modern apps There are more than 60 000 Modern apps in the Windows Store so how do you find the ones that are best for you Here s where to start Top 100 Windows 8.1 Apps by Michael Miller As the title implies this book points out the top 100 Modern Windows apps in ten different categories from games to social media to sports to travel Use this book to go right to the best apps in every category and discover another couple of hundred honorable mentions worth considering too **Pokemon: Brilliant Diamond & Shining Pearl - Strategy Guide** GamerGuides.com,2021-11-27 This strategy guide for Pok mon Brilliant Diamond Shining Pearl contains all the information Pok mon trainers will need to complete the game and catch every single Pok mon In this remake of the classic Pok mon Diamond Pearl you ll journey through the mystical Sinnoh region to become a Pok mon master Along the way you ll confront the scheming Team Galactic and witness the awesome power of the Legendary Dialga or Palkia Currently included in our guide A complete walkthrough of the main story and postgame A How to Play section for beginners with Locations of all the Hidden Moves A crash course on Pok mon battling A collection of Tips and Tricks with helpful information such as Where to find powerful and rare Pok mon A walkthrough of the main story including Wild Pok mon and item locations for each route and dungeon Strategies for defeating the Gym Leaders and Elite Four An introduction to the postgame Ramanas Park A detailed Grand Underground section featuring An in depth interactive map via our website All the Pok mon native to each hideaway All the items found underground including TMs Where to find all the NPCs for the Spiritomb Quest An introduction to Super Contest Shows How to cook the best quality Poffins How to breed Pok mon A detailed Sinnoh region Pok dex The following will be available via free updates to our guide A full guide for Super Contest Shows Explanation of

advanced mechanics such as IVs and EVs **The Rough Guide to Men's Health (2nd edition)** Rough Guides,2013-01-17 Spiralling work stress junk food overload and makeover madness all make staying healthy seem a taller order than ever before The Rough Guide to Men s Health provides you with everything you need to know to ensure your lifestyle isn t at war with your health Avoiding flabby waffle and well being puritanism features include Wherever whenever down to earth health advice whether you are in the kitchen the bedroom the gym out on the town or simply looking in the mirror How to improve performance life coach strategies aimed at optimizing your outlook so you can feel your best every day Wear and tear identifying the causes of health problems and what to do about them with how it works features on key problem areas like the back and gut and how to cope with sport s injuries and Tooling up getting back into shape sex and relationships returning to work and staying sane plus the low down on supplements Now available in ePub format **Insiders' Guide® to Austin** Hilary Hylton,Cam Rossie,2011-07-05 Insiders Guide to Austin is the essential source for in depth travel and relocation information to Texas s state capital Written by locals and true insiders Insiders Guide to Austin offers a personal and practical perspective of Austin and its surrounding environs **Pokémon: Black & White 2 - Strategy Guide** GamerGuides.com,2015-12-08 Inside this guide you will find Top tricks for beating all eight Gym Leader Beat the Elite Four and the current Champion with style How and where to find the Pokemon you want to catch Find and catch all Legendary Pokemon Post story mode walkthrough with all hidden areas uncovered Save time by finding the rarest of items for free Packed full with high quality screenshots Tips and info on both Black and White versions And LOADS more inside Updates Added complete tables for every Wild Pok mon found in each area as well as encounter rates Fixed tables that weren t displaying correctly on the website Further editing improvements to text and formatting Completely reformatted for easier viewing on all devices All missing White 2 sections added plus the mysterious Nature Preserve Expanded the Introduction and Gameplay section with loads of new information Videos for all the Gym Leader and Elite Four battles plus legendary Pokemon Dozens of illustrative and pretty screenshots Missing areas amended Expanded segment describing the intricacies of training a Pok mon Concise and easy to understand explanations of advanced stat building systems learn how to raise a prize Pok mon **Pokémon X & Y - Strategy Guide** GamerGuides.com,2015-10-22 Become the ultimate Pok mon champion with our greatest Pok mon strategy guide yet Inside we cover Latest Version 1 3 Additional details on the elusive event Pokemon distributions Revised tables with encounter rates for finding wild Pokemon Version 1 2 Expanded the Introduction and Gameplay section with loads of new information Videos for all the Gym Leader and Elite Four battles plus legendary and shiny Pokemon Dozens of additional tips and reminders throughout the main walkthrough How to solve crime with the Looker Bureau in the post game Version 1 1 Full breakdown on how to breed the perfect Pok mon of your dreams How to catch those insanely rare Shiny Pok mon List of all the really helpful and free O Powers Version 1 0 Everything that s new to Pok mon X Y 5 amazing tips to get your Pok mon collecting off to a blistering start Every single route trainer battle and

hidden shortcuts are covered What Pok mon can be found on what routes both versions How to beat every single gym leader without breaking a sweat Where to find all those hidden items The locations of every single legendary Pok mon Where to find all of the amazing Mega Stones Pok mon Amie Super Training Battle Chateau etc all covered Accompanied by over 240 super high quality screenshots [Pokémon Omega Ruby & Alpha Sapphire - Strategy Guide](#) GamerGuides.com,2015-10-22 Relive your adventures in Hoenn or start a brand new journey with this re imagining of a much loved game Collect and battle your way to the Pokemon League for the right to challenge the Elite Four Hunt legendary Pokemon breed them and become the best Pokemon Master you can be with the help of our guide A full walkthrough for all badges and the Pokemon League challenges Side quest information on legendary Pokemon and the different Routes and Caves Information on breeding Pokemon Contests the Battle Maison and much more Full color screenshots throughout and useful tips to help you along the way Comparisons between the original game and remake Updates Aug 2016 Added Encounter Rates to Wild Pok mon table lists as well as general locations making it easier to find your favorite Pok mon Fixed some formatting issues and general editing Expanded Introduction with loads of new information Restructured Extra Activities section at the end for easier navigation and reading **Technical Manual** United States Department of the Army,1951 *The Rough Guide to Men's Health* Lloyd Bradley,2009-01-01 The Rough Guide to Men s Health takes a quirky and informative look at the health and well being of men and no it s not just a turn your head and cough book of disease and diagnosis but rather a complete guide on how to look and feel great Avoiding both flabby waffle and well being puritanism it features down to earth health advice whether you are in the kitchen the bedroom the gym out on the town or simply looking in the mirror Find out how to improve performance with life coach strategies how to identify the causes of health problems with key features on the back and gut the best investments to consider in the fight for fitness and those myths about health that can be safely ignored Written by men s health and fitness expert Lloyd Bradley who along with his panel of experts provides the ultimate men s health lowdown on how to make the most of your life with the body you have And because we know how important it is these days there is a huge section on looks and how to improve them The Rough Guide to Men s Health provides you with everything you need to know to ensure your lifestyle isn t at war with your health [Pokémon: Let's Go, Pikachu! & Let's Go, Eevee! - Strategy Guide](#) GamerGuides.com,2018-11-29 A complete walkthrough with strategies to defeat all the Kanto Gym Leaders and conquer the Pok mon League Encounter tables for all the wild Pok mon including the rare Pok mon with undisclosed habitats in the Pok dex Explanations of all the gameplay mechanics for both beginner trainers and Pok mon Masters Where to find all the Master Trainers and hidden battles after beating the game A handy mini Pok dex containing the key details for all 153 obtainable Pok mon and where to find them

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Gym Guide Introduction

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