



STANDING CABLE ROW
 • Pull the handle towards your chest, keeping your back straight and feet flat on the floor.
 • This exercise targets the back, shoulders, and biceps.



SEATED CABLE ROW
 • Sit on the machine, facing the cable, and pull the handle towards your chest.
 • This exercise targets the back, shoulders, and biceps.



STANDING LAT PULDOWN
 • Stand and pull the handle down towards your chest, keeping your feet flat on the floor.
 • This exercise targets the back, shoulders, and biceps.



SEATED LAT PULDOWN
 • Sit on the machine, facing the cable, and pull the handle down towards your chest.
 • This exercise targets the back, shoulders, and biceps.



SEATED CABLE CROSSOVER
 • Sit on the machine, facing the cable, and pull the handle from one side towards the other side of your chest.
 • This exercise targets the back, shoulders, and biceps.



SEATED CABLE FLY
 • Sit on the machine, facing the cable, and pull the handle from one side towards the other side of your chest.
 • This exercise targets the back, shoulders, and biceps.



SEATED CABLE CHEST PRESS
 • Sit on the machine, facing the cable, and push the handle forward.
 • This exercise targets the chest, shoulders, and triceps.



SEATED CABLE CHEST FLY
 • Sit on the machine, facing the cable, and pull the handle from one side towards the other side of your chest.
 • This exercise targets the chest, shoulders, and triceps.



SEATED CABLE TRICEPS PRESSDOWN
 • Sit on the machine, facing the cable, and push the handle down.
 • This exercise targets the triceps.



STANDING CABLE CHEST PRESS
 • Stand and push the handle forward, keeping your feet flat on the floor.
 • This exercise targets the chest, shoulders, and triceps.



SEATED CABLE CHEST PRESS
 • Sit on the machine, facing the cable, and push the handle forward.
 • This exercise targets the chest, shoulders, and triceps.



SEATED CABLE CHEST FLY
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SEATED CABLE TRICEPS PRESSDOWN
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 • This exercise targets the triceps.



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When You Finally Get Serious



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 a few sets of each exercise, and then gradually increase the weight and reps as you become more comfortable with the movements. Remember to breathe properly and maintain good form throughout your workout.

IMPORTANT SAFETY INFORMATION
 Always use proper form and technique when performing exercises. If you are unsure of how to perform an exercise, consult a fitness professional. Do not lift weights that are too heavy for you, and do not perform exercises if you are injured or have any medical conditions. Always listen to your body and stop if you feel pain or discomfort.

Mwm988 Marcy Home Gym Exercise Guide

Thomas Griffiths



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